

MMMO Q&A SEPTEMBER 2015

QUESTION: I have mercury amalgams in my teeth. Should I get them removed because mercury is toxic?

MM's ANSWER: This is a common question and a good one. Mercury is a neurotoxin that is highly damaging to us, so it seems like it would make sense to have mercury amalgams (also called silver fillings) removed. However, this is usually not true. If your amalgams are still fine and aren't causing you any problems in your teeth, it is far safer to leave them in than to remove them. When mercury fillings are removed, mercury toxins are released and there's a strong chance they will go into your bloodstream and cause further illness. If you are already very sick, this can have serious consequences. If you have broken amalgams, or are determined to have them removed anyway for some reason, then ensure the dentist only removes one at a time, so you can at least minimize the impact on your immune system. If you have already had yours removed, there's many ways you can help your body to remove the mercury it has been exposed to. Having a bunch of cilantro every day, along with some spirulina, will be of great help to you.

QUESTION: I am losing hope and faith that I can heal. Every day is hard and I don't feel like I'm making progress. How can I keep trusting that I will heal?

MM's ANSWER: When you are suffering, it can feel like there's no hope to hang onto, and no faith and trust left inside you to draw on so you can continue. And if you're taking action on trying to heal, but not yet seeing a lot of results, you can feel downright defeated. I truly and deeply understand. It is hard to find hope and have faith when you are in despair. Yet this is the time you need it the most. Your suffering is very real, and first of all it's helpful to acknowledge that. Give yourself permission to accept that you are going through a difficult time right now, and maybe have been for a long time. But you absolutely can heal and there's a lot you can do to support yourself during these times of hardship, no matter how unwell you are. Three of the most important things I highly recommend you do daily are:

- 1) Prayer: one of the most powerful and healing ways to build faith, hope and trust. You can pray to whoever or whatever you like, but the best way to have your prayers heard and received is to speak them out loud.
- 2) Faith Building Exercise: watch Anthony's video 'Support from the Angels', and do the faith building exercise with the golden rope that Anthony shares towards the end of the video every day. This exercise is an amazing way of restoring your faith when done consistently. Watch it here: <https://youtu.be/ngQJjiWkPjk>
- 3) Trust Building Exercise: do the sunset meditation offered by Anthony in the video at this link every day: <https://youtu.be/eToBgdwwhRU>. Even if you are lying in bed unwell, you can simply focus on the fact the sun is setting (look out a window if you can) and follow the instructions in the video. This exercise, when done with intention as described in the video, can completely transform you.
- 4) Lastly, doing anything that lights up your soul, no matter how small, will help you to heal and rebuild faith, trust and hope in your body and in any area of life. So when you're in despair, and even when you're not, rely on these three practices daily, along with any small things you can do to bring joy to your soul. Things like reading a beautiful poem, looking at the flowers in your garden, laughing with a loved one, watching the clouds and birds in the sky, reaching out and connecting on this group, and so on. All these things will help you to ease your mind, heart, soul, spirit and body.

QUESTION: What causes chronic joint pain? Is there anything I can do to get relief?

MM's ANSWER: Chronic joint pain (typically diagnosed as rheumatoid arthritis) is not an autoimmune disorder like medical communities believe. The true cause of chronic joint pain is a form of the Epstein Barr virus, and this is what causes the inflammation and pain in your joints. The best

way to approach healing chronic joint pain is to target the viral condition causing your pain. Anthony covers exactly how to do this in his upcoming book. There is a whole chapter in this book dedicated to EBV and how to heal it. The last third of the book also covers exactly how to heal from EBV and many other illnesses, and I recommend following the massive amount of wisdom in this part of the book too. For anyone with joint pain, Anthony recommends drinking 16oz of pure celery juice every day on an empty stomach, and eating lots of spinach, and frozen or fresh wild blueberries daily. He also recommends taking liquid zinc, the B12 listed in the Supplements file in the group, and drinking nettle leaf tea daily to begin healing the root cause of chronic joint pain.

MMMO Q&A OCTOBER 2015

QUESTION: I have been diagnosed with Lupus and Sjögren's ... and have been very frustrated and exhausted by symptoms such as severe joint pain, hair loss, skin issues, weight gain, fatigue, sun sensitivity, dry eyes and mouth, and panic attacks. The most recent addition to this list has been Anti-phospholipid Antibody Syndrome (blood clots)... This component of the illness has really provided much anxiety for me and I'm not sure how to approach this and heal. Everything I read says I should stay away from veggies high in vitamin K such as kale, spinach and leafy greens?! I love my green juices and raw salads! How do I approach this?

MM's ANSWER: I'm sorry you are suffering. The Lupus and Sjögren's are the labels you have received, but what's really causing your symptoms is an underlying chronic viral infection. All your symptoms are related to this viral condition. I talk about this in detail in my book so it will be of great help to you. Greens don't have enough vitamin K in them to worry about eating them. You just want to stay away from taking vitamin K supplements. Please keep enjoying leafy greens in green juices, leafy salads, etc. You're not only eating greens, you're eating other things too. With all the different foods you are eating, there's a balance. A salad once a day is by no means going to breach any vitamin K concerns, unless you're on medication that prohibits vitamin K on any level. Follow the guidance in my book closely and you can heal and gain control over your health. I'm looking forward to you getting better, I'm very excited for you.

QUESTION: Hello Anthony! I can't help but cry when I listen to audio chapters from your book. You really care about every single one of us! What a deep compassion! My issue is that I lose weight, my weight is 94 pound. I eat a lot, every two hours, I eat more than 2000 kcal/day but I continue to lose weight! I have pain in my stomach and in pancreas area which goes down across the abdomen. Doctors can't find anything wrong with me! I also have weakness and tingling in my arms and legs. I feel very weak and dizzy. This morning I tried to drink celery juice and I was not feeling good at all. I'm very worried if it's even possible for me to eat a vegan food?! I'd really love to but I feel like I will disappear then...

MM's ANSWER: Hang in there and have faith, you can heal. You have an overactive liver, which is somewhat rare. Your overactive liver is highly stimulated and causing the pain you're feeling across the abdomen. It's different to a fatty or pre-fatty liver. Your liver requires a tremendous amount of glucose, meaning a tremendous amount of starch calories versus protein calories. The more protein you eat with this condition, the more weight you'll lose, and the dizzier and weaker you'll get. You need a very large amount of calories, and a plant based diet would be good for you for a while. Lots of potatoes, sweet potatoes, bananas, dates, avocados, papayas. That will calm the liver down and you will put weight on. When you eat too many proteins, there's not enough glucose for the liver to heal, as the liver is fed by glucose not protein. Your liver is starving for the right food, and with these correct foods you can bring the liver back to balance. After it stabilizes, you can go back to eating animal foods if you like. Thank you for listening to the Audio Program and your support, I'm so grateful and honored.

QUESTION: I had shingles in March. I remain getting tired very quickly and it burns under my armpits and in my chest, especially when I teach. I'm a drama teacher. I love my work. I work with

very sensitive and dear young people, but I am faster and faster exhausted. That's not so good for my passion and creativity.

MM's ANSWER: Yes, you had shingles and it does burn after you have it in the armpits and chest. It's normal to be tired after you've been through what you experienced. There are over 30 varieties of the shingles virus, many of which I list out in the book, and the one you have is a more common one. It probably will give you some tiredness for a year, but be patient with it and work with it. You can restore your health and get your energy back. L-lysine is critical for you, as is the B12 with adenosylcobalamin and methylcobalamin I recommend, plus liquid zinc and Ester C (all of which are listed in the Supplement file). You also have to snack in between classes, so that you're never leaving more than one and a half hours between snacks. The shingles virus puts a lot of draw on the nervous system so you require more glucose to the nerves and the brain. You're going to tire even more if you don't eat regularly. It would be good for you to make or buy a juice of parsley, cilantro, celery, cucumber and apple juice to help remove heavy metals from your system and fortify your body. Do this daily if possible, or as often as you can, graze like I mentioned and take the supplements and you will be moving forward.

QUESTION: My brother suffers from severe OCD and it affects his life in every way. Is there anything he can do to be free from it?

MM's ANSWER: To begin healing OCD, it's critical for your brother to change up his routine. The breaking up of routine redirects brain waves, electrical impulses and neurons in the direction of reducing OCD. He can do this by changing his surroundings in any way he can. Things like leaving his home and staying in a hotel for a day, going to a friend's or family member's home for a day, doing puzzles at home, or any other experiences that take him out of his comfort zone a little bit will help. These new experiences will help to rewire the OCD patterns someone is dealing with. Have your brother take baby steps with this, and be very patient. It's not easy but these new experiences will start to shift the direction of his OCD.

MMMO Q&A NOVEMBER 2015

QUESTION: I am experiencing neurological issues; mainly numbness, tingling, and burning in the hands and feet. Also numbness in the low back. I experience severe joint pain, inflammation and swelling. Kidney, pancreatic and liver pain. Hair loss. Teeth issues. Insomnia. Fatigue. Depression. Severe digestive issues. I have a list of diagnoses from doctors, none of which has been helpful.

MM's ANSWER: You're dealing with a variety of shingles and you have an inflamed central nervous system. I talk about the varieties of shingles in my book in the Shingles chapter. It would be especially wonderful for you to do the 28-day Cleanse as it's an excellent anti-inflammatory protocol that will help you greatly. Spirit says to take L-lysine and B12 with adenosylcobalamin and methylcobalamin daily (see the brands I recommend in the Supplements). These steps along with the information in the book will get you moving forward with healing. Many blessings.

QUESTION: I would like to know where to start when you have multiple issues going on. I suffered with a Lyme and co-infections diagnosis and treatment, then came adrenal and thyroid issues, also my naturopath has me on hormone replacement. Just recently I have gotten a candida diagnosis and now I know I am heading down the wrong path. It seems that one thing starts to feel better and then another starts up. I spend a lot of money on supplements and now I am not sure if they should all be taken together I would be grateful to learn the first step to get on the right path to good health. I feel okay...not great and I eat a gluten free, mostly grain free diet with mostly organic veggies and organic chicken lamb and beef. I feel my health should be much better than it is at this point.

MM's ANSWER: It's great you are doing gluten free. It's also critical for you to be 100% dairy free. You have to be cautious of how much chicken, lamb and beef you're eating with the symptoms you

are dealing with. They put a strain on the liver and can worsen the issues you're experiencing if eaten too regularly. Stick to having one of these animal foods once per day or less so you can move forward. This will also make room in your diet for more of the healing foods like fruits and more leafy greens, which are critical for you to include. Fruit doesn't feed candida (I cover this in my book) so begin adding it into your diet right away. Also bring in more sweet potatoes, butternut squashes and other root vegetables, these will be wonderful for you. These changes in your diet are a great first step to help you turn the tide. Blessings to you.

QUESTION: I have a rash on my back, no matter what I apply to it, it does not go away and it is very itchy. From reading in your book, I concluded it has to do with my liver, and I was told I have a fatty liver. What can I do to get rid of it?

MM's ANSWER: It is indeed tied to your liver so you need to be taking steps to help purge your liver. Drinking a 16oz glass of celery juice every day on an empty stomach will help the fatty liver, and also drinking two 16oz glasses of water with lemon or lime juice squeezed in each day. Also bring in more fruit every day as fruit cleanses the liver. High antioxidant fruits like berries (all kinds), pomegranate and red skinned apple are especially good for you. You can also bring in steamed asparagus and artichokes, and other steamed vegetables you like. These will be wonderful for you. It's very important to eliminate eggs and dairy products from your diet because they are very hard on a fatty liver. This will get you moving forward. Blessings.

QUESTION: I'm putting this question out there. If fibromyalgia is related to Epstein Barr, why is it so many more women have fibro than man?

MM's ANSWER: It's a good question. Women experience more chronic illness than men across the board, not just with fibromyalgia. Aside from cancer which affects both men and women, men typically suffer and pass away mostly from heart attacks, brain aneurysms, liver disease/failure, and kidney failure, whereas women typically get sick and chronically ill from many different illnesses. The reason is that women have more demands on their physical health than men, from more jobs to do, to the reproductive system's monthly demands, childbirth, and motherhood. This is all very demanding and places more stress on a woman's body than a man's. Men have a lot of pressure on them too, but it's a different level for women, and it's always been this way in history. This means women unfortunately end up with more illness.

QUESTION: We just read your book and started following some of your advice: raw fruit and vegetables, celery, cucumber, lemon juice in the mornings. My husband and I generally feel some good improvements, however, the last days my hubby feels a little weak, no energy in the mornings and I feel still some constipation. Could you please help us?

MM's ANSWER: Your husband probably isn't getting enough calories. When you go on the fruits and vegetables like you are, your calories can drop substantially, and you need to make sure you're eating enough. Make sure you're eating every hour and a half first of all. It's also worth putting your calories into a website like fitday.com and calculating them simply to see if you're both eating enough. Bring in more snacks and more of the higher calorie foods like bananas and dates to help increase his calorie intake. Also, your husband is detoxing from the changes he's made, meaning a lot of poisons are coming out of his liver and being dumped into his bloodstream. That can bring some symptoms also. He can slow the detox by bringing in more calories and density with avocado and some cooked potatoes and sweet potatoes too. For you Anna, you also need to have some more calories. Have more papaya and avocado specifically to help with the constipation. Blessings to you and your husband.

QUESTION: I wonder what I can do to get to the bottom of my problems? Muscle pain, brain fog and a tiredness beyond anything I've experienced before has taken over my life the last 2 years. Constantly running to different doctors and all the ordinary tests the Swedish hospital can offer are done. No one seems to know what it is and just shaking the heads, mumbling and giving me anti

depressives, pain killers, etc. Of course, they want to diagnose me with fibromyalgia, EM, depression, menopause but I want to find the root to my problems.

MM's ANSWER: The reason the doctors can't figure out what's behind your symptoms is because this is a classic case of Epstein Barr virus, and they don't know how the virus works, or have the right tests for it in its later stages. This low grade viral issue you have is what's causing the tiredness, muscle aches, and brain fog. Depression is also a common symptom of EBV, and menopause symptoms are also. In the chapter on EBV in my book, you will learn all about how it works and why you are dealing with these symptoms. You'll also learn the tools to heal. The best thing you can do right away is to cut out dairy products, eggs, corn and wheat as they feed the virus and will make your symptoms worse and prevent healing. Start with that while also incorporating more fruits and vegetables. Black beans, quinoa, potatoes of all varieties are good choices for you also, but be sure to still eat plenty of fruits and vegetables. It's important for you to reduce your consumption of chicken and meat. Instead have some fish if you wish. As you read the book, bring in more of the advice I share and you will be moving forward and healing. Blessings.

QUESTION: How can I lower my high blood pressure without prescription meds. I've tried beet juice and a few other natural things but it doesn't stay down. The meds have so many side effects and also affect how I feel most of the time, lethargic, etc.

MM's ANSWER: Magnesium glycinate is critical if you have high blood pressure. It doesn't work right away, it takes time to really take effect, so persevere and be consistent with taking it. You can follow the dosage amount on the product label (the brand I recommend is in the Supplements file). Also CoEnzyme Q10 can be helpful. Beet juice won't reduce blood pressure, but celery juice and cucumber juice can be more beneficial. Include these juices instead, ideally on an empty stomach in the morning as you start your day. Also eat plenty of apples, asparagus, zucchini, crook neck squash, and red cabbage (steamed and raw) as they also may help with blood pressure issues. You need to reduce your fat intake and focus more on some plant fats like avocado, a few nuts and seeds, and a little olive or coconut oil if you wish. It's really important you remove any high fat foods like pork and other animal fats. You can increase your fish instead if you like, but steer clear of tuna. This can be helpful. Blessings to you.

QUESTION: I need some insight why I am getting palpitations. My doctor said there is nothing to worry about, but at the moment my chest is sore and is burning a bit, between collar bones and breast. My throat gets sore on and off. Ears are ringing and I am tired most of the time.

MM's ANSWER: Your doctor is correct, there's nothing to worry about. The palpitations are a neurological issue. They are actually caused by your phrenic and vagus nerves spasming. Your chest is going to be sore and burn a bit because of the spasms. The phrenic nerves run up to your inner ears and they are creating the ringing in your ears. It could be very helpful for you to take L-lysine and B12 with adenosylcobalamin and methylcobalamin (see the brands I recommend in the Preferred Supplements file). It's also very important to feed the nerves with the right foods. For you, these are lots of butter leaf lettuce, wild blueberries, and a daily juice of a mix of half celery and half cucumber. It's best to have this on an empty stomach in the morning. Also eat plenty of sweet potatoes, butternut squash, Brussel sprouts, and also some lentils and black beans. It's very important for you to stay properly hydrated. Coconut water and water with lemon or lime squeezed in it every day would be wonderful for you. Blessings.

QUESTION: The end of August I began to experience fatigue after my daily hikes with my dog. I was under stress at the time. I saw my doc and told him I was experiencing fatigue, chills of varying degrees, light headedness, weakness. Tests came back normal. I began having difficulty sleeping. The doctors began talking of anxiety/depression and psychiatrists and medications which has made me even more anxious. I began to experience what felt to be a temperature while asleep but checking with a thermo showed 96-97 degree range. Often during the night I am awakened by what feels like a small jolt within my body. I will go through chills/sweats (I have been in menopause for 8plus years). I keep

a jar of smoothie nearby at night which seems to help calm things. It often feels like my nerves are frayed. Is there more going on that the doctors are not able to find? How can one determine how much of what they are experiencing is mental/emotional vs physical? And what can I do to heal naturally? I don't want to go back to psychiatrist as he wants me to go on antidepressants. Thank you.

MM's ANSWER: What you're experiencing has a physical cause, not a mental or emotional. You don't need to be on antidepressants. Spirit says you have a low-grade Epstein Barr viral issue. When you get an elevated fever, you're actually feeling your nerves, which are inflamed. When the nerves are experiencing stress from a viral issue, it will feel like you have a fever, including chills, dizziness, weakness, and so on. This is all coming from your phrenic and vagus nerves being irritated, which feels like temperature fluctuations. This can also cause sleeping issues, and chills and sweats. Your doctors aren't picking up on the real cause because they aren't trained to know what to look for. First of all you need to keep yourself well hydrated. Coconut water would be great for you, and squeezing lemon and lime juice in water. Really important for you is drink two 12-16oz glasses of cucumber juice every day with some ginger root juiced in it also. Add garlic into your diet every day also. For supplements, I recommend you take L-lysine, Vitamin C and zinc Sulfate every day (you can find the brands I recommend in the Preferred Supplements file). Be cautious of not overexerting yourself as you heal, stay away from heavy exercise. This will help you move forward. Love and blessings.

QUESTION: I have had a total hysterectomy and my thyroid was removed (told I had a 10cm tumor in my thyroid but couldn't find that in any reports I got from the hospital). How can I feel more energy and happiness when I feel like a worn-out shoe most of time? I had endometriosis for 15 yrs prior to the hysterectomy. Are there any supplements to help me?

MM's ANSWER: I understand and am sorry for your suffering. For everything you've gone through with your thyroid and the hysterectomy, you need what Spirit calls High Vital foods. As you add more of these high vitality foods into your diet, adding more and more over time, you'll start noticing an increase in your energy and more stability with how you feel. Add many more leafy greens into your diet every day. A large spinach salad once a day will help you a lot. Also some dandelion greens would be really helpful. You can just cut them up and throw them on a salad, or juice them with apples and lemon. Sprouts are very important for you too. Any kind you can get your hands on - red clover, lentil, alfalfa, kale, sprouts, microgreens, and even pea shoots. Start adding these in and increase over time. Blessings to you.

QUESTION: I've been having these episodes where I feel like passing out for over 6 months. It feels like I'm going to lose my balance, I see black, my fingers & feet tingle or a shock kinda feeling, I've gone to see a neurologist, cardiologist, endocrinologist. The neurologist thinks it's seizures and the cardiologist thinks it's my heart. I've done blood work - it's all within normal range with the exception of low vitamin D, B12, iron and magnesium. Still doing test with endocrinologist - I have a cyst in my thyroid that much I know. I'm frustrated and scared, I'm scared to go to sleep at times, I'm not sure where to go. I feel like these Doctors' focus is just on running every test they can bill my insurance and I'm still left with no diagnose. I bought your book - can't wait to read it. Any suggestions or thoughts would be much appreciated.

MM's ANSWER: The shock you're feeling is neurological. It is mild seizure activity from an inflamed central nervous system, but it's not technically a seizure. When electricity runs through your nervous system, and your nerves are inflamed as yours are, you'll get all the symptoms you're experiencing. Your neurologist is right, but your thyroid has nothing to do with this. It's critical for you to be on the right kind of B12 which has adenosylcobalamin and methylcobalamin (see the one that's correct in the Preferred Supplements file), and to also take magnesium glycinate (also in the Supplements file). You also must eat every hour and a half, and you must stay properly hydrated. Coconut water throughout the day is ideal for you. If you get low on electrolytes, mineral salts, blood sugar, and glucose to the brain, you'll have a lot more of these episodes, so you must keep adding the right sugars and minerals back in. The shocked feeling is your nervous system showing it needs the right fuel. So bring more fruits and veggies into your diet, and snack on those throughout the day,

along with coconut water. Snacks like a date, apple and celery stick, or an orange and a celery stick would be wonderful every hour and a half. Spirit also recommends you take barley grass juice powder and Hawaiian spirulina each day to pull out toxins, heavy metals and impurities away from the nervous system to give you some freedom. Love to you.

QUESTION: I have these really gunky ears, and I know many other people have the same problem. Itchy, sometimes a lot, scaly, flaky, really ugly and nothing seems to help. Not sure if it's an ear thing or a lymph thing (occasionally have small bumps behind the ears also). Docs only know to prescribe steroidal ointments but nothing to find/heal the problem. I'm sure it's probably a fungal issue, but no one can figure out the solution. Can you please help point us in the right direction? Thank you!

MM's ANSWER: The gunk in your ears is a form of eczema. There are dozens of varieties of eczema, many that go in and around the ears that mimic fungus. The variety you have used to be called 'dirty ear' back in the 1940's and 1950's, but doctors still don't know what causes it today. This is about taking care of your liver, which is behind the eczema. I'm doing an episode on my radio show about liver health early in the new year so stay tuned for that, and also carefully read my Gut Health chapter in my book. Take the steps in these chapters and they will help you tremendously. It's important for you to make a 16oz juice every day of half celery and half fennel juice, and have two of these big glasses each day. It's also important to avoid eating wheat, corn, canola oil, dairy and eggs to help your liver heal. You must also lower bad fats in your diet. Focus on plant fats like avocado, a few nuts, a touch of coconut and olive oil for fats. This will give your liver the break it needs to heal. Many blessings.

QUESTION: I am suffering from tinnitus, bad teeth, bloated stomach in evening, bad gas and thyroiditis. I am breast feeding a one year old who has eczema and her teeth are coming in different way; left one at top before. I am worried if I should stop breastmilk and put her on raw goat milk which I gave her once. I personally am doing a 60 to 70 % raw diet. I am gluten, dairy, corn, egg free. I am taking wild blueberries, spirulina, B12, zinc, ashwagandha, shatavari and aloe vera juice as supplements. Fruits in morning, green leafy salad with a baked squash in afternoon and a vegetable and bean soup at night. I take nettle infusion also. My daughter takes Kalamth Lake Blue Green Algae and recently slippery elm bark. I am on a low-fat diet too. I do worry about not taking an appropriate amount of fat as I feed my baby girl. Please help.

MM's ANSWER: You are doing a great job with your food and supplements. Breastmilk is actually made up of mostly carbohydrates, so it's critical for your diet to be made up of enough natural sugar. The composition of breastmilk is 1 to 2.5% protein at maximum, a slightly higher percentage is fat, and the rest is carbohydrates. So breastmilk is mostly sugar water. You won't make as much breastmilk if you have a low carbohydrate diet while breastfeeding. You need lots of fruit and carbohydrates. Mangos, Maradol papayas, berries, potatoes, and winter squash would be especially good for you. You also need some healthy fat, especially avocado, and also some coconut, hemp seeds, and/or sunflower seeds. Also make sure you are getting enough leafy greens like kale and spinach every day. You are doing a great job. Blessings to you.

QUESTION: My son is 13 years old and 6 months ago he had chicken pox (late for his age?). It took the life out of him for over a month until he got better to attend school etc. again. His full strength hasn't come back and we notice after a really physical active day playing sports or with friends which he continues to do he is often 'tired'. Some times he wakes up and is 'tired'. His doctor said he has post viral fatigue. We have been so positive thinking it will pass as his complaints aren't everyday but it's a while now. He is also going through changes - puberty and lots of things happening with losing & gaining teeth. It just doesn't seem ok that a very fit, sporty, all-rounder 13-year-old should be so tired even to climb stairs at the end of a day and I very much appreciate that you could give us your insight as to what is going on please.

MM's ANSWER: Your doctor is correct. Your son is suffering from post-viral fatigue. The virus isn't yet completely dormant, so even though the chicken pox are no longer showing, the virus is still in his

system and causing fatigue. It's critical for your son to take liquid sulfate zinc every day (see the brand I recommend in the Supplements file) as Spirit says he has a zinc deficiency which is extending his post viral fatigue. I also recommend Ester C every day to help speed up the process of recovery, which is also listed in the Supplements file. Also make sure he is snacking and eating every two hours. This is extremely important to keep his energy as high as possible and to reduce the strain on his body as he is healing. A snack of some fruit every 2 hours between meals would be perfect for him to keep his energy levels higher. Many blessings.

QUESTION: I really need your help please. I've had my third child and am breastfeeding still now that she is 11 months old. Every time I've had a baby, I end up stressed and start to over eat. I admit I am an addict of chocolate, cookies and sweets... I try my best in the morning to eat well, yet by noon I would have raided my cupboards. This happens usually when I am stressed. I am currently up to about 90kgs and at around this weight I tend to experience chest pain too. I am also asthmatic. I have been through a lot of abuse (emotional and sexual abuse) for more than half my age and I managed to stand up for myself and my children finally about a year and a half ago. But now I truly need a fresh healthy start yet I need guidance.

MM's ANSWER: When you get stressed out, especially from childbirth which takes some time to rejuvenate from, you need more glucose to the brain than normal. The reason you feel addicted to these foods is because you're looking for sugar to feed your brain, and those foods have sugar, just not the right kind. Know that what you're experiencing is not your fault. It's not because you're an addict, it's just that you're under stress and going for sweets to cool down the brain. When we eat sugar, it feeds the brain and central nervous system, cooling it down so we don't burn up, and so the stress doesn't damage our nervous system and kill brain cells. Essentially glucose stops the brain from dying, which is where we experience stress. The PTSD is of course another form of stress so you will definitely need more glucose to your brain. Make it a habit to always carry dates around with you. Dried apricots and figs would also be great options. Don't just have one date but eat many of them, or a whole bag of them, when you feel yourself wanting to binge on the unhealthy foods. Foods like cookies, chocolate and sweets also have salt in them, so also have celery sticks with you for your fruit snacks. The natural, healthy sodium from celery along with the fruit sugar will start to help you get through this pattern. It's also very important for you to do the sunset meditation I talk about in my Restoring Broken Trust video here - <https://youtu.be/eToBgdwWhRU>. Love and blessings.

QUESTION: What is the best way to gently alleviate gallstones and detox the liver?

MM's ANSWER: Gallstones are made out of hard minerals like calcium, and also protein. There's different varieties of gallstones also and there can be a mix within you. The first thing to do is to drink 16oz of celery juice each morning on an empty stomach. Do this every day. Celery juice is so high in trace mineral salts that it binds onto gallstones and starts to break them down. Also start your day with fresh lemon or lime juice in water every day. This is a fantastic tonic for dissolving stones and detoxing your liver. These two strategies will go a long way to helping the stones and your liver. Blessings.

QUESTION: Hi Anthony, for the last 3 years my world has turned upside down. Everything that I knew as a solid, healthy, happy life changed and my health took a turn for the worse. Big time. You know this as we have spoken about it in the past. Ever since I came back from Bali I have felt pretty crappy, first I had a skin rash which I got in Bali, then a flu type bug, then conjunctivitis and a month later I still feel so yuck! I feel quite nauseous all the time, exhausted and not well. Yesterday when I was driving to pick up the kids I almost passed out. I pulled over and I had a hot flush and complete weakness, my fingers went numb and felt awful... Is this much of the same thing (Epstein Barr) or perhaps hormones or a virus/bacteria that I picked up in Bali that has taken hold? Thanks so much! Say hi to Spirit!

MM's ANSWER: Yes, what you're experiencing is coming from Epstein Barr Virus, which got retriggered from a bug you picked up in Bali. One of the greatest blunders in medical history is the

belief that if EBV doesn't show in your blood through the tests doctors do, then you don't have it. While it's true it's not in your blood, it just means it's moved to other places in your body, like your liver. The tests can't detect EBV there. EBV creates fatigue, aches and pains, spasms (which are actually caused by the nerves spasming, not the muscles), blurring vision, numbness, and more. These are all neurological symptoms brought on by the virus. The tests today don't show that EBV is deeper in the system so people aren't getting the help they need. In my book I outline EBV in great detail, and I cover it often on radio shows, especially when people call in for answers to their health challenges. Follow the guidance in my book and radio show closely and you will begin to heal. Love and blessings.

QUESTION: Hi Anthony, is melanoma caused by a virus as well? I had a early melanoma removed last summer and would like to know how to avoid this in the future.

MM's ANSWER: Yes, melanoma is caused by a virus. The best thing to do is to protect yourself from future onsets of melanoma by following a maintenance program of antivirals. Chaga and reishi mushroom tea are critical for you every day, as is taking Cat's Claw tincture (alcohol free) daily. Lemon Balm alcohol-free tincture or tea is also very important. Ask your doctor or practitioner about these supplements. All of these supplements are listed in the Supplement file. You also need to make sure you don't feed the cancerous virus or feed any cancer cells. It's critical to stay away from eggs, canola oil, and dairy. Bring in more kale and frozen wild blueberries, and counteract your stress levels as much as you can by doing joyful things. People who have more joy in their life have less melanoma comebacks. Think of ways to add some more joy into your life and go for it. Love to you.

QUESTION: Looking for answers on how to help my sons who have Tourette's syndrome. We are unable to trace any family members who have this disorder. When it's bad, it seems to almost change their personalities and they also become confused, foggy, angry. I am doing all the supplements I can to help. Magnesium oil, cilantro, fish oil, zinc, B-complex, lemon balm tea.... you name it. I want to help my babies. This condition is becoming more prevalent in society. Why? Is this an underlying condition we are unaware of that is causing it? Grateful for any help or guidance!!

MM's ANSWER: You are a wonderful mom and you are doing a great job with your sons. The Tourette's comes from heavy metal exposure at one point during your child's life. First, you must change the fish oil because it will contain some mercury. Instead use a plant based EPA/DHA (check the supplements file in the group). All the supplements you listed are wonderful, you're doing an amazing job. You also need to get a little Hawaiian Spirulina and liquid B12 with a blend of adenosylcobalamin and methylcobalamin (both of these are also in the Supplements file). Consult your doctor or practitioner about these supplements. Getting your sons to eat plenty of foods with natural sugars is also critical. You have to keep their blood sugar levels up with snacks every hour to hour and a half to support glucose. Fruit is the best choice and will offer the most healing benefits. Tourette's is brain related, so if blood sugar drops it can trigger the Tourette's so your sons will be much angrier, confused and foggy than they'd be otherwise. Get them on lots of fruit snacks like apples, dried fruits, dates, celery sticks with almond butter on it, cucumber and banana slices, mango, or any fruit your child likes. Coconut water is also critical for Tourette's. Having your sons drink some every day will be very helpful. I'm proud of you. Love to you.

QUESTION: I have Hashimoto's for 24 years now, finally ditched my doctor 2 years ago and found one that put me on Armour. First year was bliss, weight loss, energy, felt normal! Early this year my insurance company witch me to NP Thyroid and I do not feel the same although I am being told they are the same. 17 lbs weight gain, fatigued daily, catching colds. I also take vitamin D, selenium, zinc, B-complex, Iodoral, fish oil, coQ10, probiotics, magnesium, vitamin A and C... all from Designs for Health or Pure Encapsulations. Now I hear from the hypothyroid sites not to take this with that, or certain time of day, go Paleo, no go AIP... Help! Why hasn't my naturapath told me any of this? She says I can take everything in the morning on an empty stomach. Losing my will to care anymore.

MM's ANSWER: It's important to not get lost on Hypothyroid sites because the information won't be totally accurate. The problem is that no one knows the real cause of Hashimoto's and hypothyroid, so they can't give you the correct advice on what's happening and how to heal. I know because I get the information from Spirit and I share it with you in my book, here and on my radio show. The supplements you're on are fine except the Iodoral needs to be swapped to Nascent Iodine, and the fish oil needs to be taken out. It's very important for you to add a lot more fruits, vegetables, leafy greens, parsley, and cilantro into your diet. It's also very important for you to drink 16oz of celery juice once a day on an empty stomach, ideally first thing in the morning. It's also critical you remove wheat, dairy products, eggs and corn from your diet. This is extremely important for Hashimoto's. I also recommend listening to my radio show on Thyroid Issues in the archives at <http://bit.ly/1KnExeh>. Blessings to you.

MMMO Q&A DECEMBER 2015

QUESTION: A big question about mold and me. I almost didn't make it out alive from the last exposure. I believe you said the genetic issue is not as big a deal as we think. Any insight between you and Spirit please?

MM's ANSWER: If you already have something else going on in your body, the mold becomes the trigger. So if you have bacteria, a virus or an allergy for example, the mold will be a trigger and make it worse. It's not necessarily the mold creating the problem, but it hampers immunity to other things in a way that can be harmful and it means other issues you already have can rise up. But you can heal and recover from mold. It's just that if mold triggers off something serious, it takes time to heal from whatever the mold triggered. Depending on what it triggers, it could take a week for some people or it could take months for others. I'm not undermining the detrimental toxic repercussions of mold, this is just normally what happens. I covered mold as only a trigger in the book because there are so many people who live with mold but aren't triggered by it, but I'm not underestimating how toxic and dangerous molds are because they weaken the immune system leaving the person vulnerable for anything to happen. There's a lot of triggers that make us sick and mold is one of them. It's especially triggering for Lyme disease symptoms for example. I plan to discuss mold more in a future book or on the radio show. In terms of genetic issues, I suggest we don't focus on them because when we consciously attack our genes and think they're weak, it's more damaging than anything else we could do on a conscious level for our health and our lives. We have to believe in our bodies and falling prey to the thought process that our genes are weak or bad is extremely detrimental. You must be very cautious of any gene/DNA concepts out there as those beliefs can steal our freedom away. Blessings to you.

QUESTION: My son has been diagnosed with Myasthenia Gravis (MG) in 2014. He has been under medications (daily Prednisone, and Mycophenolate/CellCept 500mg in the morning and 750mg at night) with a round of 3 IVIGs (immunoglobulin) every 3-4 months since June 2014 after a 12-day in hospital (ER and ICU as he could not breath not even sip water – had to go through physical therapy to relearn how to drink again then eat). The "treatments" only address the symptoms as the neurologists say there is no cure because "the cause is unknown". Also one of the doctors does not recommend any detox with that condition as he thinks detox might trigger and/or aggravate myasthenia gravis symptoms (diplopia, difficulty to swallow, to chew and to breathe sometimes, muscles weakness, fatigue, insomnia, depression, etc). Despite the medications, my son experiences these symptoms from time to time and it's really hard to think that he would spend the rest of his life that way, let alone the dangerous side effects of those toxic medications. He was very healthy before MG.

MM's ANSWER: I am so sorry that you have both been going through these hardships. I am going to send lots of love and light and extra prayers your way for added strength for your son and you. It would be very beneficial to get an open minded natural doctor, naturopath or homeopath on board also who could work with the neurologists and doctors to give extra support. A naturopath could help

with getting some gentle liquid vitamins into your son and there are some gentle liquid homeopathics that don't require a lot of participation from your son since he is struggling. This would give him extra support. I'm going to ask Spirit to directly send a beam of healing light to your son to give him some more strength which will work in him over the days, weeks and months ahead. I want you to keep the faith, the body can heal. I'm with you. Many blessings to you and your son.

QUESTION: As to EBV and shingles, are the antibodies that show up on blood work the same for all the herpes viruses? Or does each have their own? Tests and info are very vague out there - no one seems to know.

MM's ANSWER: Good question. Technically the bloodwork is meant to show different antibodies for different herpes viruses like HSV1, HSV2, HHV5, HHV6, EBV, shingles varieties, etc. They are all supposed to have different antibodies but the problem is that the tests are fallible and they aren't accurate because these viruses can cross over and trigger off the antibodies in different ways. The reason for this is because all these viruses have mutated strains. EBV has over 60 varieties, shingles over 30, HHV6 is working itself into 6-8 varieties now. And there are dozens of other herpes viruses that cause canker sores, ulcers and more. Because of this the tests aren't always reliable and mistakes are made. Spirit tells me that medical science and research for the tests is still about 50 years behind, and it could take that long before they can start separating different viruses and making sense out of them.

QUESTION: I recently had my 5th MRI - neurologists have been stumped for a long time with me. Next they have planned a lumbar puncture - looking for a virus. The same week they told me this I read your book and cried as everything you said made so much sense. It's EBV. I feel like I found the holy grail I have been looking for 13 years now. I need help however - my left side is numb and getting worse now it's summer in Australia. My digestion is very bad - and I take antacids every day or my teeth hurt from the enamel being eroded. Have been on celery juice for about 3 weeks now and introduced much more fruit. However, one berry or banana gives me an ulcer on my tongue. I know I have lots of mercury - had my fillings removed 2 years ago and been bad since. How do I get off the antacids? I have the spirulina, zinc, Cat's Claw, and take cilantro every day. I have had migraines since a child and so do both my daughters. If I cannot take the wild blueberries and other foods can I still remove the heavy metals, kill the virus and heal my gut? I have so many problems I don't know where to start.

MM's ANSWER: I'm really proud of you for persevering. It's very important you keep having hope and faith. Keep moving forward, Spirit says there is a way for you to heal. I'm very proud of you for doing the celery juice and taking the spirulina and cilantro, that's fantastic! And doing the zinc also is fantastic, you are doing the right things. Spirit says it's also very important for you to add in L-lysine daily (see the brand I recommend in the Supplements file). Spirit says you will get stronger with all the things you're doing, just give it more time to kick in. You have a high degree of mercury in your system so that will start to lift over time too and your nervous system will strengthen. If fruit is too hard with the mouth ulcers, try focusing on the large Maradol papayas (avoid small papayas from Hawaii). They are one of the best options for what you're dealing with. Having one for breakfast every day after your celery juice (or as many more as you like throughout the day as desired) would be wonderful for you. It's also very important you graze by eating every 1.5 to 2 hours. I know it's hard but try to keep your faith up, be patient and compassionate with your body and take it one day at a time. You are doing great. Many blessings.

QUESTION: What are the best ways to release edema, heal adrenal fatigue and clear Epstein-Barr Virus from the body other than the full 28-day cleanse?

MM's ANSWER: For the adrenal fatigue you have to eat every 1.5 to 2 hours. This grazing technique will protect your adrenal glands and Spirit says it's critical for you. The 28-day cleanse would be amazing for you as it will help release the edema issues (you can do longer than 28-days too), but if that's not possible right now, you can focus on increasing your fruit and vegetable intake

significantly. Add in the specific foods I mention in the EBV chapter of my book, and try the combinations of potassium, sodium and glucose rich foods I discuss in the adrenal fatigue chapter throughout the day. This will help you to move forward and you can do the cleanse when you can. Blessings to you.

QUESTION: I believe that I have thyroid issues, but the doctor says I'm in a normal "range". I am also always "in a brain fog" and when I am a passenger in the front seat of a vehicle, I become very dizzy, if looking out the front window. Also if I go down stairs that turn and turn, I become dizzy. The eye specialist says that my vision is fine. The ear specialist can't find anything wrong with my ears (from looking in) but I feel that the eustachian tube is blocked. I purchased your book and ordered supplements for the thyroid. Also, I am doing a cleanse, as best I can. If this is indeed a thyroid issue, which of the supplements should I take...some...or all?

MM's ANSWER: Spirit says you're dealing with a typical low grade Epstein Barr viral issue. All of your symptoms come from this low grade viral issue. Follow the advice in my book for EBV and keep up the great work with the cleanse. You can do it longer if you wish too. Start with the top listed supplements in the EBV chapter and take it one day at a time, or if you have a naturopath or doctor you can consult with them regarding which supplements from the list would be best for you. Many blessings.

QUESTION: Is there a recommended position to put your bed in? I have heard to face the rising sun and also heard the back of the head should face the sun (which makes no sense to me). Is this even important?

MM's ANSWER: There is an optimal position for our health for sleeping and waking that best honors the natural rhythms of our body and the world. Spirit says it's best if the rising sun hits the left side of our bodies as we wake up, so your feet would be pointing south, your head north and the left side of your body would be on the east. It's ok if you aren't positioned this way, but it does support your health the most if you are able to position your bed and body this way. Blessings.

QUESTION: I am anxiously awaiting delivery of your book, hoping it contains some insights into my health situation that has baffled me and several specialists. It began as a constant itching on the right lower back side of my head- which after 2 months finally inspired me to visit my primary care physician. He ordered an MRI which revealed a modest issue in my cervical spine (I have had at least 2 car accidents involving whiplash in the past), and blood work which was entirely normal. He referred me to a neurologist, who thought perhaps my occipital nerve was somehow causing the itch, so he injected it with cortisone, which temporarily numbed my head, but the itch returned. His suggestion was for me to return for more shots... I returned to my primary physician and asked if physical therapy might be more successful in addressing any nerve impingement, and he referred me to a physical therapist. After a couple of treatments (including ultra-sound, TINS, manipulation, etc.) I broke out in a rash in my groin, then on my neck, and subsequently around my hips and back. The itch was unrelenting. So my physician sent me to a Dermatologist, who said I had seborrheic dermatitis on my head, and that the other rash was totally unrelated. She biopsied that rash and the results showed increased eosinophils- an indication of an allergic reaction. She prescribed antihistamines and cortisone creams for both my head and hips, and sent me packing. The rash did not respond to the antihistamines whatsoever, so I went to an allergist. The allergist did a panel, which showed that I was allergic to various molds, trees, etc., but he did not feel I was having an allergic reaction. Now my physician is sending me back to the neurologist to explore other neurological options. Fortunately, I have been able to get the rashes on my hips under control, but the head itch- now on both rear back lobes continues. Who knew that itch could make someone so miserable, but I just believe that there is some kind of systemic issue going on and am hopeful for an answer to this mystery. My father, who is deceased, was a Holistic Physician who studied energy medicine and understood that our bodies have the capacity to heal themselves, given the right nutrients, etc., so I am resistant to taking prescription meds. Any thoughts?

MM's ANSWER: Spirit tells me what you're dealing with is a variety of the shingles virus. There's over 30 varieties of this virus and many don't showcase the typical rashes doctors and dermatologists understand as being shingles. This viral issue is what's irritating your nerves and causing the itch. The 28-day cleanse would be wonderful for you. It's critical you stay away from dairy, eggs, canola oil, wheat, and corn as they will make your condition worse. Spirit says licorice root tea, liquid zinc sulfate (see the supplements file) and L-lysine would be very beneficial for you daily. Tell your doctor or naturopath that you are dealing with shingles and they can help you move forward. Many blessings.

QUESTION: In the past few years I have experienced serious B vitamin deficiencies and turn to the B vitamin shots. I just recently heard you talk about the shots causing our bodies to create an antibody towards the B vitamin shots. If my body won't absorb them orally, how do I obtain the B vitamins in my body?

MM's ANSWER: Intravenous vitamin B supplements are different to B vitamin shots. They could be a different option to explore with your doctor. You want to stay away from vitamin B shots. Your body can absorb the B vitamins, you just need to be taking the right ones. Spirit says you need to be on the B12 with adenosylcobalamin and methylcobalamin (see my Supplements file). You also need to eat foods high in B vitamins like kale, spinach, parsley, barley grass juice powder, wheatgrass juice powder and sunflower sprouts. Spirit says you will also absorb these. Include a combination of these every day to ensure you are getting the right sources of B vitamins. Blessings to you.

QUESTION: Why is it if all this is EBV does a tick bite send you over the edge to chronic illness and causing us to blame Lyme disease?

MM's ANSWER: I recommend you read the Lyme disease chapter in my book and listen to the radio show at <http://bit.ly/1KnExeh>. I explain the real cause of Lyme disease and the triggers thoroughly in both and they will answer your question in detail.

QUESTION: About 8 months after having my daughter I started having urinary tract issues. It often came up that I did not have a UTI but calcium oxalate minerals in my urine. I went on a low oxalate diet and still experienced issues. Then I found cayenne pepper actually healed my urinary tract or so I thought. The last 6 months that I have had EBV my urinary tract was fine. In the last three weeks I have started juicing celery and following your advised diet and started feeling so much better! BUT I just started experiencing issues with my urinary tract again. Celery and spinach are high oxalate along with dates, nuts and almost my entire diet right now. My question is do I need to stop the celery juice? (It has been so beneficial!) Also what does Spirit suggest to heal my bladder/oxalate issues? Thank you so much!

MM's ANSWER: Urinary tract issues are not caused by oxalates. This is a popular misconception. If you have inflammation of the bladder or urethra, the tannins in these foods (not actually the oxalates but the tannins) can be slightly irritating to the bladder, urethra and kidney linings, but they're not causing the inflammation. In fact they can be helping you recover from Epstein-Barr virus which is the true cause behind the urinary tract issues. Spirit says you can continue with eating foods with oxalates as they are in fact helping you to recover from the viral issues you're dealing with. Blessings.

MMMO Q&A JANUARY 2016

QUESTION: Are treatments like lymphatic drainage massages and colonics helpful? Will they speed the process of removing heavy metals or killing EBV?

MM's ANSWER: Yes, they can be helpful for when you're cleaning EBV out of your system. EBV creates a tremendous amount of toxins and by-products, including excrement from EBV, viral corpses, and biofilm. That builds up along with the neurotoxins thrown off by the virus and it makes a

mess in our systems. Lymphatic drainage massage can be helpful to move this out, and colonics can be used periodically also if you feel your body is strong enough for them. Regular massage and infrared saunas can often be even better choices. If you feel a little too weak or rundown you may want to use these treatments sparingly or wait until you are stronger. Many blessings.

QUESTION: I have had chronic bloating and constipation for about 4 years now. It worsened after the birth of my 3rd baby. I've been diagnosed with SIBO but nothing has helped so far. I also have been diagnosed with androgenetic hair loss. I would love help with both issues. The bloating is extreme and it's bothering me immensely. Thank you!

MM's ANSWER: Spirit says the bloating you have is because of low hydrochloric acid. This occurs when you're dealing with SIBO, which is basically mystery bacteria in your upper intestinal tract. This mystery bacteria is really low-grade streptococcal which can break down your hydrochloric acid, along with stress. In order to build up your HCl you need to drink 16oz of celery juice every morning on an empty stomach and over time the bloating will get progressively better. Spirit says to stay away from dairy products, wheat and eggs as they will not support you in healing from this. You have a severe B12 deficiency because of the SIBO which is creating the hair loss, so Spirit recommends you also take the B12 with adenosylcobalamin and methylcobalamin that is listed in the Supplements file. As your HCl builds, you'll be able to absorb, utilize and create B12 better. Blessings to you.

QUESTION: My son is 13 and was diagnosed with autism at age 2. I knew about metals but was unable to chelate him in the manner in which the alternative doctors wanted to. Your description of where metals are in the brain made the most sense to me. My question is, is there a specific method and timing of using cilantro and spirulina to assist the elimination of metals easily? I am concerned about them being reabsorbed if I don't have all that is needed on board or give these at the right time. He does not speak; he tries, he can make sound and sometimes repeat words. Very intelligent, beautiful boy. I want to help him as soon as possible and as much as I can. It's been a very long road. What a blessing to find you.

MM's ANSWER: The spirulina and cilantro doesn't have to be at the same time, just on the same day. You could make a smoothie with a little bit of spirulina and barley grass juice powder, a pinch of dulse, and some wild blueberries. That would be an easy way to get it in daily without having to think of it again and would be very helpful for your son. If that doesn't work, having them anytime over a 24-hour-period is great and will be safe for him. You are a wonderful mom. Blessings to you and your son.

QUESTION: I started getting sick a few years ago with chronic sinus infections and upper respiratory and flu symptoms. A couple of years ago I was diagnosed with Hashimoto's. And this past summer I came down with Strep Throat. Since the Strep Throat I have had a really bad case of adenoid infection that antibiotics have not improved. And very bad small intestinal bacterial overgrowth. A few months ago my blood work came back with reactivated high EBV. My question is what is causing the chronic adenoid infection/inflammation. It is truly in the way of my everyday life and very bothersome.

MM's ANSWER: Spirit says the chronic sinus infections and upper respiratory and flu symptoms are because of the strep in your body, and more recently that showed up with the strep throat. You need to eat foods that are anti-strep like raw garlic, onion and apples. It's also important to drink plenty of licorice root tea, lemon balm tea, and ginger tea every day. Spirit recommends you take sovereign silver and zinc (see the one I recommend in the Supplements file) every day, along with oregano oil. Spirit says you need to stay away from eggs, dairy, corn, wheat and gluten. It's also very important for you to not have too much animal protein in your diet. Drop the amount you're eating down by 25% (if you're eating them) and bring in more fruit, salads, and plant fats like avocado and some coconut oil instead. L-lysine would be great for you also for the EBV you're dealing with. It takes time to build up the immune system, for the viral and strep load to reduce and the Hashimoto's to heal, so have faith, take it one day at a time and keep moving forward. Many blessings.

QUESTION: I have EBV, HSV2, HPV, hypothyroid, fibrocystic breast disease, neuralgia, TMJ, migraines, muscle and joint pain, musculoskeletal alignment issues, fatigue and weakness. I have been in chronic pain for years and have tried so many things and spent thousands of dollars. I am not on any meds at this time. I have been on an autoimmune paleo diet for 6 months and it has helped, but I now know I need to get my viruses under control. I plan on doing the 28-day cleanse. After reading about stage four of EBV and how it attacks damaged nerves, I have a feeling my chiropractic adjustments have been helping EBV mess with my neck and spine. I flare after each adjustment. I am now seriously considering stopping treatments until I feel I am in remission. I feel my entire cervical spine is now unstable from the virus, especially C1-C2. I am trying so hard to realign my spine with the Egoscue method, but the pain and muscle weakness is stopping me. How can I put the fire out and gain some strength? Calling all Angels! Thank you so much.

MM's ANSWER: If you're dealing with a lot of viral issues, and that the chiropractic adjustments are flaring up the EBV, it could be really helpful to work with massage for a while instead. There's nothing wrong with taking a break from the chiropractic adjustments for a while and just trying massage which is a great modality for your challenges and seeing how that works with your symptoms. The paleo diet is a healthy diet for some people because you're not eating processed food, bread, processed sugars, and so on. But given that you're dealing with viral issues, it would be good to instead try the 28-day cleanse while getting massages. Spirit also recommends you take the B12 blend of adenosylcobalamin and methylcobalamin I recommend (see my Preferred Supplements) and lots of L-lysine daily to help the viral and nerve issues. The cleanse is specifically designed by Spirit as a gentle anti-viral protocol. This will help bring some of the viral inflammation down and then you can continue to move forward with healing. Blessings.

QUESTION: I have very disturbing shaking/tinglings in my body, worst in my legs. I'm very weak in my muscles. I have a high heart rate all the time and I feel tired. I would appreciate your guidance.

MM's ANSWER: Spirit sees some heavy metals that are contributing to this issue. Try adding cilantro into your diet every day, as well as some raw garlic, Atlantic sea dulse, Hawaiian spirulina, and wild blueberries. If you bring these foods into your diet every day consistently, you will be removing heavy metals from your body and helping to reduce the quite heavy toxin load Spirit says you are dealing with, much of which is heavy metals. Spirit recommends you take the B12 blend of adenosylcobalamin and methylcobalamin I recommend every day also (see my Preferred Supplements). Detoxifying heavy metals and other toxins does take time so it's important to have patience and keep forging forward. Many blessings to you.

QUESTION: I have a very stressed liver, clogged up and functioning at a -30% energetically. What can I do to support my liver at the same time dealing with stage 4 EBV. Are coffee enemas beneficial? I've also been very constipated and symptoms magnified in the last 2 months.

MM's ANSWER: Celery juice is very important for a clogged liver. Spirit recommends you drink 16oz of straight celery juice every day to help support your liver. Enemas are beneficial if you're that constipated and it's helping to move fecal matter out of your body, but when you're dealing with stage 4 EBV your nerves will be hypersensitive. Spirit instead recommends water with a light squeeze of lemon instead of coffee. Also for the constipation, Spirit recommends you take the inner gel of one leaf of aloe vera (you can fillet the leaf and take out just the gel) blended with some liquid every day. You could blend it with coconut water, lemon water, juice or smoothie - whichever you find easiest with the bitter flavor of aloe. Spirit says the B12 with the blend of adenosylcobalamin and methylcobalamin (see the one recommended in my Preferred Supplements file) is important for you too. Many blessings.

QUESTION: My 26-year-old son has tonsil stones. I had never heard of this before... It seems as if debris gets lodged in his tonsils that are pocket like. Then form a "stone". It causes discomfort and embarrassment. Can you please help?

MM's ANSWER: Tonsil stones actually come from the inside out. Food getting caught in pockets doesn't create the stone. Tonsil stones develop and push out from inside the pockets. This is from old strep throat or strep in his system that your son might have had a long time ago, but I understand that there are pockets also on his tonsils where food can get trapped, but that is different than a tonsil stone. His body is pushing out this old strep. Spirit recommends he stays off dairy products, wheat, and eggs, and that he takes zinc every day (see the one recommended in the Supplements file) and goldenseal for a few weeks periodically. Also try gargling with orange juice and cayenne pepper that he then spits out each day. This is a very helpful tonic. Spirit says your son can drink a freshly made celery, cucumber, apple and ginger juice every day to help clean up the stones. Blessings to you and your son.

On October 18, 2016 this reply was posted in MM Book Support Group to a question about tonsil stones:

"Yes, Anthony answered my question in February 2016. My adult son had them. AW said they are caused by strep! He advised to drink celery juice every morning (for a month, I think), take zinc, goldenseal (which tastes awful) for a short time, and gargle with fresh orange juice with cayenne pepper (powder) every day. Plus remove eggs, gluten, and dairy! My son saw an improvement in 1 week! Then after 2 weeks he ate pizza and burritos 😞"

QUESTION: After all the hard work I have done for the last 7 weeks, my body is cleaner and I feel a whole lot better. I became very sensitive to the smell of chemicals, perfume, etc. Now I got back to work and they cleaned the carpets in my office. I can hardly breathe in here. You said this alone can make a person sick. What can I do about this? I have the same issue driving in the car with people who use perfume or even shampoo. I can smell it from a distance.

MM's ANSWER: The chemical sensitivities have always been there but as you continue to get healthier and stronger, you'll become less sensitive. The B12 with the blend of adenosylcobalamin and methylcobalamin (see the one recommended in the Supplements file) is critical for the nerves as they play a big role in chemical sensitivity. It's also very important to stay hydrated with coconut water, lemon or lime water, and herbal teas. It's also very important to balance your blood sugar by grazing every 1.5 to 2 hours. Over time you will get stronger and the chemicals will become less of an issue for you, even if there's dips where they seem to be worse. I know it's hard to deal with right now but hang in there and trust it will get better. Many blessings.

QUESTION: What does Spirit recommend to combat cervical cancer/HPV virus?

MM's ANSWER: Spirit recommends you avoid eggs and dairy products completely because they are two foods that do not help with this condition. It's very important for you to bring in foods that are highly alkaline like spinach, wild blueberries, and romaine lettuce. It would be amazing for you to drink green smoothies daily with fresh fruit, water and spinach blended together. Spirit recommends you drink a freshly made juice each day of romaine lettuce, parsley and cucumber. It would be good to focus on reducing acids and hormones in your diet and body and these foods help with that. Spirit also recommends black beans for you. They are phytoestrogenic so they reduce the hormones, estrogens and the toxic estrogens too that come from plastics and other places. Sending prayers and love your way!

QUESTION: I have stage 3A triple positive T2N2 breast cancer. It is very aggressive and estrogen based. I have cysts on my liver, kidneys, uterus, and some sort of spot on my lower lung close to where the tumor was. I am doing various holistic treatments after having a lumpectomy with clean edges. Is there anything in particular that I should be doing as presently I have 5 years to retirement from an automotive assembly plant which is totally toxic and we are renting, short term, an apartment which has been smoked in for at least 50 years and has not likely ever been cleaned while we wait for our home renovation to be finished. I am breathing in a lot of toxins, and have been, for quite a long time. Suggestions?

MM's ANSWER: First it's very important for you to stay hydrated. Lots of lemon or lime squeezed in your glasses of water every day. Turmeric and ginger are also extremely important. Grate fresh turmeric and ginger and let it soak in your water. You can also freshly juice them with other fruits and vegetables. These foods are all very important for removing certain industrial toxins. Spirit says lots of spinach in your diet is critical, as is drinking lots of nettle leaf tea to help reduce estrogen and control it better. Also eating some dandelion greens in salads or juicing them can be very helpful for cleansing toxins of different varieties and lowering estrogens. Spirit also says to start juicing lots of fennel bulb and cucumber juice daily also as they are very anti-estrogenic and will be very helpful to you. You are doing a wonderful job. I'm proud of you. Love and blessings to you.

QUESTION: I spent the past week in bed reading your book and preparing for the fast. I have been experiencing several issues for the last 8 years - extreme vertigo, head pressure, brain fog, unable to concentrate, fatigue, PVC, water retention, weakness, irritability congestion and severe anxiety - the list goes on and on. Sadly I have been diagnosed with Meniere's and I refuse to take all the medication they say will help because it doesn't and I don't believe that is what I have. At this moment I am desperate for Answers and will be giving it my all with the cleanse because spending weeks in bed is just not my idea of a fulfilled life. My question is do I take all the supplements listed for the EBV? And I plan on making this a lifestyle change - is it ok to continue this cleanse for as long as possible?

MM's ANSWER: You can do the cleanse for as long as you like. It's very gentle so you can do it for a longer time or on and off periodically, you just have to make sure you are eating enough. When you are eating only fruits and vegetables you have to eat a lot more quantity and a lot more often than when you are eating other foods. Spirit says the 28-day cleanse would be very helpful for you. The cleanse is anti-viral, Spirit designed it that way, and it's powerful for reducing viral issues like Epstein-Barr virus, which is what Spirit says is behind many of your symptoms. You can take it one week at a time and if it feels like you are detoxing too fast, you can slow it down a little by adding in some steamed potatoes at night if needed. In terms of supplements, you can start by taking a number of the top listed supplements, for example the first 6-8 and then add in others if you wish. You can also consult with a naturopath or doctor for help with this if you like.

QUESTION: I have stage 4 cancer, chemo induced neuropathy, nerve pain in pelvis from nerves growing back from 3 surgeries, toxic from trying 3 types of chemo, dealing with renal failure (I'm on the mend now since nephrostomy revues out in. They think it's scar tissue & inflammation causing kidney issues). My question is I should start the 28-day cleanse now? Or try to heal my body by eating more raw foods? I know I feel a ton better when I eat raw but still want to have some chicken and cooked veggies (like baked potatoes and or tonite soup). However, I don't know if that's the cancer wanting the chicken and/or warmed veggies? I do know not eating dairy, sugar and red meats has helped me tremendously.

MM's ANSWER: The cleanse would be wonderful for you, but if it feels too much you can do the cleanse plus include some steamed potatoes, sweet potatoes and other vegetables you like. If that feels too much still, you can simply keep adding in much more fresh raw fruits and vegetables. That approach will be great for you too. It's very smart that you are staying away from dairy, processed sugar and red meats, especially since it has helped you tremendously. It's also very important you stay away from eggs, corn and canola oil. Incorporate more leafy greens, fruits, vegetables and steamed potatoes for now and a little bit of chicken is ok. Over time you can build yourself up to do the cleanse without the chicken and potatoes. You are doing great. Blessings to you.

MMMO Q&A FEBRUARY 2016

QUESTION: Reading your book renewed my faith in my body's ability to heal from the thyroid and adrenal issues that have been ongoing the last eight years! My question is regarding ectopic heartbeat. I've heard it can be due to under-replaced thyroid and is usually non-threatening. Nevertheless, it is

very disconcerting. I do feel it has gotten better with magnesium. What is the cause of these heartbeats and how can we go back to a "normal" heartbeat?

MM's ANSWER: Ectopic heartbeats are normally harmless. It's caused from a sticky gel like substance that comes out of the liver, and the heart draws it up from the liver. It doesn't hurt you, but it causes the symptoms you're experiencing, so it's important to focus on helping your liver. It's great you are using magnesium as it helps to relax the heart muscles and your nerves too. Spirit recommends you take Vitamin C and B12 with adenosylcobalamin and methylcobalamin daily (see the Supplements file for my preferred suppliers) and start each day with a 16oz juice made of half celery and half cucumber on an empty stomach. That would be very helpful. Make sure you eat every 1.5 to 2 hours as otherwise your blood sugar level will drop and adrenaline will be released through your body, which can inflame the situation. Your liver is not detoxifying properly so the goal is to support your liver so it can function better. To facilitate this, Spirit recommends you have as clean a diet as possible and that you eliminate all eggs, dairy and wheat from your diet. The 28-day cleanse would be very helpful for you. You can take it one week at a time if you wish. Keep adding in more fruits and vegetables and crowding out the other foods that are harder on your liver. Many blessings.

QUESTION: As a naturopathic doctor, I would like to know the root cause of environmental allergies and asthma? What is causing the immune system to overreact and what can we do about it?

MM's ANSWER: There is always an underlying cause for allergies and asthma which results in the body not being able to handle an additional load. Most people with allergies and asthma have a chronic bacterial load in the sinus cavities or walls, usually streptococcus, so if they're exposed to dander from a dog or cat, pollen, chemicals in the environment, soot and dust in the air from fires burning from 100 miles away, and so on. For people who already have an underlying bacterial or viral condition, and/or they're highly intoxicated with heavy metals, pesticides or other toxins, all you need is one more trigger to set off symptoms like asthma and allergies. Histamines get charged up because the body is overloaded and that causes more reactions. These problems can be rectified, it just takes time for the body to cleanse and heal. A clean diet free of the Foods Not To Eat (or the cleanse diet) from my book along with zinc sulfate, nettle leaf, curcumin, and vitamin C is incredibly helpful (see my preferred suppliers in the Supplements file). Blessings.

QUESTION: Hi Anthony, I suffer from Rosacea I have cut dairy out gave up my morning coffee, I take a probiotic and I have been juicing celery now for a couple of weeks. Along with that I take B12, L-lysine, L-glutamine, Milk Thistle, vitamin D3, vitamin C, and Biotin. Still have flare-ups. And now I am having yeast infection. Help!

MM's ANSWER: It's wonderful you cut out dairy as it inflames rosacea, and that you're taking the supplements you are. Spirit says you need to cut out eggs and wheat as well as the dairy if you haven't already. Spirit also recommends you take olive leaf capsules, Cat's Claw alcohol-free tincture, licorice root tea, nettle leaf capsules and zinc sulfate (see the brands I prefer in the Supplements file) and increase your vitamin C. These will be very helpful alongside the steps you're already taking. I'm really proud of you, keep going with all you are doing. Blessings.

QUESTION: I'm dealing with a host of issues, but the question I'm hoping to get answers today is actually about my mom. For months she has been exhausted, run down, and experiencing a myriad of symptoms including low grade fevers, rashes, and canker sores. Doctors finally did a test for EBV and it came back positive and she was told she has active mono. This was a few months ago and she still isn't better. She has started to eat some of the foods and take some of the supplements you recommend. My mom has also had hypothyroidism for years, so my question is, does the same virus cause both things and why all of a sudden now - would she have active mono? What are the best supplements she can take?

MM's ANSWER: The Hashimoto's your mom has had all these years is caused by the chronic, active EBV she is dealing with. It would be helpful for her to follow the protocol I outline in the book for

EBV. It's critical your mom stays off all dairy products, eggs, wheat, canola oil and corn. Spirit says Vitamin C is critical for your mom, like the sunflower based Liposomal C especially, liquid zinc sulfate, and lots of L-lysine (see the brands I prefer in the Supplements file). It would also be helpful for her to do the 28-day Cleanse as it's antiviral and could be very helpful for your mom. Many blessings to you and your mom.

QUESTION: My 14-year-old daughter has "OCD" and is now seeing flickers of bright white light. What could this be? How can I help her with both issues? She will take supplements if I know which to give her but the metal detox will be a trickier sell to her.

MM's ANSWER: The root of your daughter's OCD is toxic heavy metals. Getting your daughter on a gentle heavy metal detox protocol would be a great way to help her. The five key foods for the protocol are fresh cilantro, Hawaiian spirulina, barley grass juice powder, wild blueberries and Atlantic dulse. Your daughter needs to have a little of each of these in every 24-hour-period. You could put a little of each of these in a smoothie with your daughter's favorite fruits to help her consume them. Banana, coconut water, dates and wild blueberries make a good base. Or you can add the dulse into a salad or on top of baked vegetables, and the cilantro could go in some guacamole or hummus, and the rest could go in a smoothie. Spirit says it would also be very helpful for your daughter to take Life Extension Neuro Mag (magnesium l-threonate), Mary Ruth Organic's morning multivitamin and the nighttime multimineral, and the B12 with adenosylcobalamin and methylcobalamin (see the brand I recommend in the Supplements file in this group). If you can't make the heavy metals protocol work right now, taking these supplements will still be helpful. Love and blessings.

QUESTION: Do you think doing the 28-days cleanse is a good idea while breastfeeding?

MM's ANSWER: I don't normally recommend the 28-day cleanse (or any kind of cleanse) for someone who is breastfeeding because when people think about cleansing, they naturally tend to undereat. There's a mental association that can lead to not eating enough and then producing breast milk can be a problem. You have to eat enough calories to produce ample breast milk. You can do the 28-day cleanse as long as you ensure you're getting plenty of calories. You can't go hungry, you must graze every hour and a half to two hours, and you have to bring in more high-calorie foods like a lot more fruit, more avocado, and some steamed potatoes, sweet potatoes and butternut squash to ensure your body gets as much as it needs for breastfeeding. Many blessings.

QUESTION: Could Anthony talk about the role of therapeutic essential oils in healing our bodies for example does cilantro essential oil have the same effect on heavy metal detoxification as the fresh herb? Many thanks.

MM's ANSWER: Therapeutic essential oils are amazing for our health. Just smelling them has medicinal powers. They're wonderful because they can change our state of mind, bring us peace, and relax the body so it can heal more easily. They also have antiviral and antibacterial properties. Inhaling rosemary essential oil for example can kill off bacteria. But when it comes to cilantro, the fresh herb is needed for heavy metal detoxification. It is far more effective than the cilantro essential oil. Blessings to you.

QUESTION: Dear Anthony, since I was about 12, I've suffered from vaginal thrush with little relief in between flare-ups and little help from whatever doctors had prescribed. I've read and reread the chapter in the book and listened to the radio show as well and I'm implementing many of the suggestions, however I'm having a very bad case at the moment and my partner has been infected too and he's suffering a lot. I feel so dirty and worried that it's never going to be better and I can never enjoy intimacy as it's so sore! Please help how to find the underlying cause and what else I need to do! Many thanks and blessings.

MM's ANSWER: Vaginal thrush is actually caused by a low grade chronic streptococcus infection which isn't normally diagnosed by doctors. Many times it's considered a yeast or candida overgrowth, but the true cause is strep. Every single woman and man on this planet has some form of strep in their system, so you shouldn't feel dirty, that's very important to know. It's very common, and there's much that can be done to turn it around. Start drinking herbal teas daily. Spirit recommends lemon balm tea, nettle leaf tea, and raspberry leaf tea, and also supplementing with zinc sulfate, lots of vitamin C, olive leaf and mullein leaf (see some of the brands I recommend in the Supplements file in this group). This issue is temporary in your life even though you've had it for so long. You can get it better. Spirit says it's essential to keep eggs and dairy out of your diet completely as they make strep much worse. Eggs are strep's favorite food. It's also very important to keep out wheat and corn, and add in more fruits and vegetables. Drinking 16oz of straight celery juice on an empty stomach each day to build up your hydrochloric acid which will also help to build up your immune system so you can fight the strep. There is nothing wrong with you and you're not dirty, it's just a matter of taking these steps to clear it up so you feel comfortable again. Many blessings.

QUESTION: Hi Anthony, when I was 22, I went to Europe and came home with a severe case of mono & HSV-1, and abdominal pain. My doctor thought that I also had a cyst burst on my ovaries. Today I wake up tired and crashed after work. I have joint pain and much bloating. Recently when I ate cold a fruit sorbet, I had a sharp pain on the mid right side of my abdomen and also when I do certain yoga moves. The intensity lessens but that area is very sore for days after. I completed the 28-day detox and realize I may need to continue for much longer since my symptoms continue. Please advise.

MM's ANSWER: Yes, you can do the 28-day cleanse for longer than a month. Because you had the mono and HSV-1 at 22, it tends to take a little time to get better and go away. The abdominal pain was because your spleen and liver were slightly inflamed and enlarged from the viruses so they will be a little tender as you're healing. Continuing the cleanse is a great idea as it will help you continue to bring down the viral load that you're dealing with. Spirit recommends you supplement with B12 with adenosylcobalamin and methylcobalamin, zinc sulfate, selenium and vitamin C (see the brands I recommend in the Supplements file in this group) to help the viral load and to build up your immune system. It's also very important to drink 2-3 cups of licorice root tea every day (simmer 2 teaspoons of licorice root in each cup of hot water for 20 minutes then strain and drink).

QUESTION: Every time I am about to get my menses, and also during, I get horrible migraine headaches. I really need to know what is causing them and what I need to do to get rid of them. Thank you.

MM's ANSWER: Migraines come on during your menses because it takes 80% of the body's immune system and reserves to have menstruation. The other 20% of the body's reserves is helping the body stay afloat while you're going through your cycle. That means if you have a condition like migraines and your body is working hard to keep that in balance already, when your cycle comes on your symptoms will get worse. If someone has a susceptibility like a back problem or depression, then that is also going to get worse during her cycle. What needs to be addressed is what's truly causing the condition and work on rectifying that. Have you read the chapter on migraines in the book and listened to my radio show on Healing Migraines & Headaches? I suggest you start with the information provided in these and start working through each of the strategies I offer to target the causes of migraines, like keeping wheat and dairy out of your diet, doing the heavy metal detox protocol, staying properly hydrated the way I describe in the book, and so on. You can also try the 28-day cleanse if you like or just keep adding in lots more fruits and vegetables and crowding out other foods in your diet. Over time you will see a shift. Many blessings.

QUESTION: I have a gnawing burning pain under the center of my sternum and rib cage. I've had many tests and have tried many integrative treatments and I can't get a handle on it. I was diagnosed with EBV about 15 years ago and at the same time was diagnosed with RA. I have had many

digestive issues since I was a little girl and would love some help. Also any advice for eradicating the RA would be awesome.

MM's ANSWER: Have you tried the 28-day cleanse? That would be helpful for you. What you're experiencing is a sensitive nervous system, specifically the vagus nerve. This nerve runs through the center of the chest up from the stomach. When it's irritated, it can be sensitive to anything and cause burning feelings when you eat, before you eat, or even when you're not eating. Fresh aloe leaf (the inner gel only) can be blended with water, coconut water or juice to soothe the lining of the stomach and help with the burning sensation. You have Epstein-Barr virus which aggravates the vagus nerve, and the neurotoxins EBV releases can cause the burning. Spirit recommends you drink straight celery juice on an empty stomach each morning, try the 28-day cleanse, and drink aloe blended in water each day. These steps will get you moving forward on the right track. Blessings to you.

QUESTION: I am pretty sure I have EBV along with many other issues. I was considering IV Vitamin C treatments. What is your or Spirit's opinion of this treatment?

MM's ANSWER: IV treatments can be helpful, but if you're a sensitive person it's important you work with your doctor or practitioner and keep it at a low to moderate level, not a high level like 50,000mg or more in a treatment. You can also choose to do the Sunflower based Liposomal C from Lipo C (see the link in the supplements file). That is almost equivalent to IV vitamin C treatment so you can always work your way up with that supplement to a dosage that feels comfortable. This is very helpful for EBV. Blessings.

QUESTION: I would love to know why having a baby can really bring up health issues. After every baby I've had (I have 3) I've gotten very sick and usually it's my thyroid. The last has been very hard to recover from. Is it hormone changes that causes the thyroid to act up? I'm such a healthy eater and always have been and exercise like I should but for some reason my thyroid won't calm down and stays hypo even with medication.

MM's ANSWER: When you have a baby the birthing process takes a tremendous amount of adrenaline. Your adrenals use up years' worth of adrenaline and adrenal reserves. For some moms, it can take 2 to 3 years to feel back to normal. Other moms can feel great more quickly because they have very strong adrenals and no other illnesses that could create issues. But most moms experience tiredness, postpartum depression (which is really caused by a viral condition), or get Hashimoto's thyroiditis, or all three after childbirth. It all depends on where the mother is in her life, what deficiencies she had before having a baby, her diet, underlying viral issues, how intense the birthing process was, how much adrenaline and reserves were used to birth the baby, and the mom's age. The older a mom is, the harder the recovery can be. While the baby is growing, the mother is also using all her reserves to protect and nurture the baby. Having children is the most beautiful blessing in the world but there is sacrifice as we know. Fortunately, there's much you can do to recover your health after childbirth like the steps in my book, it can just take some time but you will be able to feel good again. Many blessings to you.

QUESTION: How can we safely and healthily eat raw vegetables and fruits, nuts and seeds, when they can contain high amounts of oxalates and or lectins which will aggravate and or cause autoimmune conditions? Thank you.

MM's ANSWER: We can't have fear over oxalates. There's a lot that's not understood about them. They aren't always bad, in fact they have undiscovered phytochemical compounds that also help reverse disease. If you're sensitive to a food that has oxalates, there's a good chance you're actually sensitive to something else in that food that's causing the unpleasant feeling. There's many different kinds of phytochemicals in different fruits, vegetables, nuts, and seeds and we can feel sensitive to foods because of some of their healing powers. It's not necessarily the oxalates. You can start in a gentle way by bringing in vegetables with oxalates and see how you feel. In regards to lectins, there's nothing to worry about with fruits and vegetables. Autoimmune conditions are not aggravated by

fruits and vegetables, they are aggravated by other things like toxins, viruses, pollutants, chemicals, bacteria, and so on. Focus on incorporating any fruits and vegetables you can, try not to fear oxalates, and take it one step at a time. Blessings to you.

QUESTION: What is good to improve overall vascular health? Foods, exercise, yoga, etc? Any specific tips are welcome.

MM's ANSWER: There's lots of ways you can improve vascular health. You want to choose the highest antioxidant foods, which means lots of different kinds of berries like wild blueberries, raspberries, strawberries, blackberries, etc. Include these in your diet every single day. Leafy greens are also critical for vascular health like kale, chard, spinach, and leafy herbs like cilantro and parsley. You also want to consider being on a magnesium and CoEnzyme Q10 supplement. Any exercise is helpful for vascular health, even gentle exercise. Blessings.

QUESTION: Can you let us know what causes rosacea, flushing in face and feet? And chronic fever blisters? Thanks!

MM's ANSWER: Have you tried the 16oz of celery juice? It can be very helpful for rosacea. Try it once a day on an empty stomach, ideally first thing in the morning. If you're already doing it, that's great, just give it some more time. Spirit says the chronic fever blisters are viral related. Spirit recommends adding in L-lysine and Vitamin C (see the Supplements file for my preferred brands). It's also very important to avoid wheat and dairy products and eggs. These simple steps will help you to start making progress with these issues. Blessings.

QUESTION: I'm wondering if there's any food/supplement that can actually dissolve cysts and nodules. I have cysts on my pineal gland, gallbladder, breasts and nodules on my thyroid. My traditional doctor says it's not possible - however, I'm wondering otherwise. I recall you saying in the book, lemon balm prohibits the growth of nodules so I've been taking it religiously. Just wonder if it's possible to actually dissolve them?

MM's ANSWER: Yes, lemon balm is very important, it's great that you're taking it. Another thing that helps dissolve cysts is vitamin C (see the brand I recommend in the Supplements file in the group). Spirit recommends you stay plant based or significantly lower the animal protein in your diet because while you're trying to dissolve nodules and cysts, you want your blood a little thinner and lowering animal proteins allows this. Bringing in more leafy greens like spinach, mâche and kale will help. Also increase your intake of very high antioxidant fruits like wild blueberries, pomegranate, berries, and cranberries. These are all important. Spirit says that staying off eggs and dairy products is critical for you. In fact, eggs are partially responsible for creating nodules, cysts and calcifications. You can also take melatonin before bed to help with your healing. Dissolving cysts and nodules takes months, so keep the faith, take it one day at a time, and you will be moving forward. Many blessings.

QUESTION: This is the 2nd year that I have burning sensations in my lower part of my belly, especially after urinating. It feels like an irritation inside my low intestine or bladder. My urine tests are clear without bacteria, but I have quite high level of uric acid in my blood. And I have crystals in my kidneys. So what can I do with a diet and big content of purines?

MM's ANSWER: Yes, I've seen the burning sensations happen many times to people. The sensations are there because of nerves coming off the lower spine, in the lumbar region, including the pudendum nerve. These nerves, when they are mildly inflamed, cause burning sensations when you are trying to go to the bathroom. It's not an infection, but sensitive nerves. Spirit recommends getting some regular massage on your lower back, taking regular walks and even getting infrared saunas if you're able to. Also take L-lysine, the B12 with adenosylcobalamin and methylcobalamin that I recommend, curcumin and licorice root tea. It's also important to go gluten free, and stay off of eggs and dairy products. This is very important for you, especially with the crystals in your kidneys. The crystals

have nothing to do with the burning sensations but this will help your overall health. Keep applying these steps and in time it can resolve. Love and blessings.

QUESTION: Hi Anthony. So much of your book resonates with me. Is it possible that the virus can find its home in the intestinal tract? Terrible bloating and digestive issues have been my problem for years. After the birth of my son it all seemed to get worse. I've started celery juice and some other recommendations and am doing better but I don't feel I have the right combination of things yet. Possibly some environmental issues too. Thanks.

MM's ANSWER: I'm really happy you are doing the 16oz of celery juice once per day because your bloating is due to low hydrochloric acid and the celery juice addresses this. The digestive issues are also due to a liver issue. After childbirth it got worse because the amount of adrenaline released from childbirth lowers the HCl even more, and your liver became more sluggish. This can all be turned around. Along with the celery juice, Spirit recommends aloe vera juice. You can use the inner gel of the fresh aloe leaf which is always best, or you can purchase a pure aloe juice. This will help get the bloating down too. Also, drinking some licorice root tea every day will help your liver get out of the stagnancy you're experiencing and help the HCl acid rebuild. Keep forging ahead with these steps, and in time you can see results. Many blessings.

QUESTION: My wife was just diagnosed with Meniere's disease. The doctor says that it is not curable. Do you have any suggestions on how to treat this disease?

MM's ANSWER: You can heal Meniere's disease. In the Epstein-Barr virus chapter of my book I talk about this disease including what causes it and the steps you can take to heal. EBV inflames the labyrinth of the inner ear which brings the Meniere's disease symptoms. Spirit recommends that your wife take L-lysine, Vitamin C and Olive leaf (see the Supplements file for my preferred brands). It's also very important that your wife removes all eggs, dairy, wheat, corn, and canola oil from her diet. Read the EBV chapter in my book along with the chapters in Part 3: How To Finally Heal. Get your wife doing as much as she can with the information I share, take it one day and a time, and she will be moving forward. Many blessings to you and your wife.

QUESTION: I have been trying for years to take B12 and methyl B's but as my symptoms progress and get worse, classic shingles in my nervous system, EBV in thyroid, and probably high metal toxicity, I can't tolerate any supplement any more. Apparently, my glutathione is also defective so I hang on to my toxins. I have to be really careful with how many blueberries, cilantro, spirulina I eat or I crash.. My head is foggy, sharp and dizzy all the time. Not sure what to do, I feel like I'm backed up to a wall. Doing as much raw and lots of fruit as I can. Juicing every day. I've been stuck like this for over a year now. Any suggestions?

MM's ANSWER: If you're hypersensitive to any kind of supplementation and food right now, it can change. Spirit says if you keep your food as clean as you can, over time you'll lose the sensitivities. I've seen this happen countless times. It's important to be careful not to blame the healthy foods you eat for the symptoms you're experiencing because the fogginess, dizziness, weakness and fatigue are all part of neurological symptoms and they're going to ebb and flow regardless of when you do or don't have a food. It's going to be unpredictable so you need to be careful that you don't fear the foods that are helping you. Keep doing as many fruits and vegetables as you can, like you already are, and on the days you can, add just a little bit of cilantro or wild blueberries, and so on. Eventually your body will detox systematically and carefully and you'll become stronger and be able to take supplements. I know it feels like you can't do anything right now but give it time and keep getting as many fruits and vegetables you can in. It can and will get better. Hold back on the supplements if they are too rough right now and try them as you feel able. Also, because your nervous system is in a weakened state right now, when your blood sugar drops, which is happening regularly, your head gets foggy and you crash. It's critical you still eat every hour and a half to keep your blood sugar up even if your nervous system is sensitive and you are unsure what to eat. Blessings to you.

QUESTION: I am a Naturopath and you have opened my eyes to so many wonderful new (to me) concepts. My question is regarding a Hyperbaric Chamber, I recommend it to patients with cancer, Alzheimer's, viruses well, almost anything. What is Spirit's advice on this? Again, thank you so much!

MM's ANSWER: Thank goodness you're out there working with people and helping them. I think the hyperbaric chamber is a good recommendation. For Alzheimer's and viruses it's fine. It's one part of the healing equation that can help. If you're not already, add in the other things like the foods and supplements I recommend in my book and on my radio shows also, so you are addressing all parts of the equation. Thank you for your great work.

QUESTION: I've recently made the change to eat healthy for me and my family. With that being said, other than fruits and vegetables what healthy snacks do you recommend for children because we all know kids love to snack. The kids are 5 and 8.

MM's ANSWER: I'm so glad you and your family are making healthy changes together. There are many options you can try out with your children. You can take potatoes and cut them into French fries and bake them in coconut oil. You can make gluten free waffles or pancakes with almond flour, quinoa flour or gluten free oat flour with maple syrup and berries on top. Rice crackers and rice cakes with nut butters or sunflower seed or hemp seed butter, or avocado are an easy choice. You can take the pits out of dates and put macadamia nuts or some other kind of nut or nut butter inside them and sprinkle coconut on them. You can even buy potato chips that are baked in avocado oil at some stores now that are a better choice than corn chips. Chopped dried fruit mixed with nuts make a great trail mix. You can make homemade macaroni and cheese or pasta with quinoa or black bean pasta and a cashew based sauce. Dips like hummus and guacamole go well with crackers like the Mary's Gone Crackers brand and chopped vegetables. You can also freeze bananas and then process them in a food processor until they become like a banana soft serve ice cream. You can add any other flavors to this ice cream that you like. Even simple tricks like freezing grapes or mango pieces can be a hit with children. Here's some more recipe on my website that are usually a hit with children:

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MMMO Q&A MARCH 2016

QUESTION: Anthony, I have such pain across my ribs on my left side and sometimes it moves across the back and into the right ribs. Is this related to EBV or non-rash shingles? I've started the celery juice and various supplements that you recommended. Also, what is your take on calcium pills for those who have Osteopenia?

MM's ANSWER: The pain you are experiencing is the shingles virus in your system. It's a non-rashing shingles so that's why there's no blisters. It's wonderful you've started the celery juice and some supplements. If you haven't already added them, Spirit recommends adding L-lysine, Liposomal C and B12 with adenosylcobalamin and methylcobalamin (all can be found at <http://www.medicalmedium.com/preferred/supplements>). Spirit says it's very important for you to take silica for the osteopenia. Calcium doesn't actually help this issue, but silica does. The Orgono G5 Siliplant in the recommended supplements is particularly helpful for this condition. It would also be helpful to focus on the foods in the shingles chapter, like papaya, potatoes, wild blueberries, celery juice, red skinned apples, bananas, spinach and asparagus. You can add other supplements from the shingles chapter also if you wish. You are doing great, keep moving forward. Many blessings.

QUESTION: Every time I start taking Hawaiian Spirulina and cilantro, I feel like I have the chills on the inside of my body (not on the skin like if I had the flu). I also feel brain "fogged" and lethargic. Is this what they call a "healing crises" or are those signs that I'm allergic? (Note: I have an underactive thyroid.)

MM's ANSWER: When you take the spirulina and cilantro and you get chills, it's because you have a lot of toxins and poisons in your body. The cilantro and spirulina are grabbing on to these poisons and removing them from your body. Whenever you remove poisons from different places deep in the body, the body has to heal and mend that empty spot. It takes time to heal the connective, organ and nerve tissue in these areas, and when it happens you can experience different feelings like the chills. For now you can lower the dosages you're having, or even take a short break from them if you wish. When you feel ready, you can add them back in. I'm very proud of you. Blessings to you.

QUESTION: My son is 26 years old but cannot hold a full time job because of anxiety, depression, aspergers, mood disorder and learning disability. Is there any dietary or other treatment that could help him?

MM's ANSWER: Your son is dealing with an elevation of mercury and aluminum so it would be very helpful for him to be on a heavy metal detox plan. He would need to have a bit of each of the 5 foods for heavy metal detox I list in my book within each 24 hour period. The foods are Hawaiian spirulina, Atlantic dulse, barley grass juice powder, wild blueberries, and cilantro. It takes time and patience for heavy metals to be removed, but it will help a great deal over time. Take it one day at a time and keep going. You need perseverance for this process. You can keep a journal if it helps and record any progress your son makes to help you keep moving forward. I support you. You're a great mom. Blessings.

QUESTION: My mom has had Scleroderma for over 25 years. She suffers daily from its damage. Please help!

MM's ANSWER: Firstly, it's imperative to be dairy, wheat and corn free for scleroderma. It's also critical to have foods with the phytochemical beta carotene in them like plenty of mango, papaya, spinach, kale, sweet potatoes, and butternut squash. Your mom also needs foods that are high in critical antioxidants like raspberries, wild blueberries, blackberries, and pomegranate. Turmeric is also very important. You can buy turmeric root and juice it with fruits and veggies, grate it onto salads and vegetables, or into hot or cool water and let it steep. Spirit says a curcumin supplement (which is found in turmeric), like the one by Progressive Laboratories (which you can find in our preferred Supplements list at <http://www.medicalmedium.com/preferred/supplements>), could also be helpful for your mom. Blessings.

QUESTION: Just lost. My belly is so painful. Anything I eat gives me pain and a bloated belly that is hard as a stone. Horrible migraines, pains all over my body, depression, hopeless. I don't know anymore what to do.

MM's ANSWER: I'm so sorry you are suffering. One of the reasons your belly is so painful is because you have a stagnant liver, and low hydrochloric acid and inflammation in your gut. Everything feels uncomfortable when you consume it so you have to take it slow. Celery juice is very important for you but that may feel uncomfortable to consume too simply because everything does right now. Start with a very small amount, even 2-4oz of celery juice on an empty tummy each morning. Over time you can build up to 16oz per day. Make sure you are off eggs, wheat, dairy, corn, canola oil and soy products as they will make your symptoms worse. Fresh aloe would also be very helpful for you. You can blend the gel from inside an aloe leaf into water and drink it, or you can use the Lakewood Aloe Juice (this is listed on my preferred supplements page at <http://www.medicalmedium.com/preferred/supplements>). Start with this and continue taking steps to slowly detox and heal your liver over time. If you can work with a natural health practitioner, that could be helpful to continue your liver detox process. You can slowly start to increase the fruits and

vegetables you eat too. Even though it still may feel uncomfortable, at least the right kinds of foods are being consumed and they won't contribute to the problem causing the discomfort. Take it one day at a time and keep moving forward. Blessings to you.

QUESTION: What is the closest advice / chapter in your book for people with cancer?

MM's ANSWER: The chapters that are most helpful for supporting the body when dealing with cancer are the chapters in the How To Finally Heal section of the book - the Gut Health, Freeing Your Brain and Body of Toxins, and the 28-day Cleanse chapters. These are great chapters that can help everyone in some way, and this certainly applies for cancer too. The other two chapters that are very helpful for cancer are the Soul Healing Meditations and Essential Angels chapters. Practicing as much of the techniques outlined in these chapters as possible can be a great support for anyone with cancer. It's also critical to be egg and dairy free. Many blessings.

QUESTION: Any ideas on how to get through a herxheimer or healing crisis? All the supplements you told me to use for EBV are making me feel worse. I also have the MTHFR genetic defect. Thanks!

MM's ANSWER: The feeling you are having of going through a healing crisis just means you have a hyper sensitive nervous system caused by the EBV in your body. You're not actually having a Herxheimer reaction, but rather your nerves are sensitive and you're feeling anything you take or use, even the most gentle of things. The best way to move forward is to lower your doses of what you're taking and just take it a little bit at a time. Focus on eating the right kinds of healthy foods, especially the foods in the EBV chapter of my book, and make sure you are excluding the foods in the What Not To Eat chapter. It's also imperative you eat enough and that you eat every two hours to keep your nervous system as calm as possible. The MTHFR gene just means you have EBV and once you've healed, you'll notice that the gene mutation will likely disappear also. Blessings.

QUESTION: I am itching all over for a month now. It seems to be worse after I eat fruit, but I'm not sure what's causing it. It's making me nuts and it's difficult to sleep and work. I'm not on detox meds just spirulina, celery, vitamin C and lemon water with a vegan diet and none of the No Foods. People have said it might have to do with high oxalates or food allergy. Any insights?

MM's ANSWER: The itching is from detoxing. There's different varieties of toxins in each person that can come from any amount or combination of viruses and their by-products and toxins, heavy metals, plastics, dioxins, pesticides, and more. They circulate in the bloodstream as you detox and can get to the skin, making it itch. Your diet is really good so you're detoxing a lot, and the fruit is especially cleansing, which is one reason why it's so important for healing. But if the fruit is detoxing you too fast and you're too uncomfortable, you can reduce how much fruit you eat and focus more on vegetables so you can get the itching under control. Give it time and then when you feel ready again you can add more fruit back in and speed up the detox process again. You are doing great. Many blessings.

QUESTION: Is it possible to regain my hearing after sudden loss due to a virus or a by-product of a virus? There are many people affected by sudden hearing loss and the medical establishment has no answers and no help for us. Many go deaf. Please can you help us find a way to resolve this?

MM's ANSWER: Sudden hearing loss is due to Epstein-Barr Virus getting in the labyrinth of the inner ear and it can go as far as causing some sudden hearing loss. Many people are affected by this. Having your zinc and Vitamin C reserves built up is necessary for what you're dealing with. Spirit recommends taking the liquid zinc sulfate and Liposomal C I talk about (you can see the ones I like in the Supplements file). The right B12 (with adenosylcobalamin and methylcobalamin) is also imperative for the nerve damage, as is eating frozen wild blueberries every day if possible. CoEnzyme Q10 and Alpha Lipoic Acid (ALA) are also critical. Spirit suggests you focus on praying to some of the angels in the book to help you with the hearing loss. Angels are very helpful for this specific

problem, so it's important to work with them. It's also very helpful for you to get a little bit of sun on the side of the head and on the ear where the hearing loss is. Not too much sun, just a few minutes a day is good. This will be helpful in restoring the hearing loss. Blessings to you.

QUESTION: Is there any help for the nerve pain under and down my arms and across my chest from my bilateral mastectomies in December 2014?

MM's ANSWER: One important thing you need to do is gently rub just a very small bit of coconut oil on the skin where the nerve pain is. It's critical you are on the right B12 (with adenosylcobalamin and methylcobalamin) for the nerve pain, and also B-complex, curcumin and magnesium glycinate for nerve damage. Hydration is especially critical for nerve damage. The pain will be much worse if you are chronically dehydrated at all. Drink plenty of water with lemon or lime squeezed in it all day. Aim for four 16oz waters with the juice of half of a lemon or lime in each. Coconut water and cucumber juice are also very hydrating and would be wonderful to add into your diet. Many blessings.

QUESTION: I have been sick for about 30 years. It started slow and crept up on me. I was told I had EBV, very sick from mold, heavy metals damage. I've had a lot of trouble with Guillain-Barre Syndrome abdominal bleeding from UC which affected my heart but I had that fixed. I've never been taught to eat pure&healthy so I am trying but it is going slow. I'm also having neurological problems and having a lot of trouble getting any kind of help. Do you have any ideas on what I can do to start? I am good with spirituality and meditation.

MM's ANSWER: You've had EBV for a long time and the mold and heavy metals trigger the virus. You can heal, even if you've been sick for 30 years. Your nervous system and neurological problems can heal. I suggest you go to a practitioner, health coach or one of the people I refer to on my website under Further Support For Clients at <http://www.medicalmedium.com/medical-medium-consultations>, this will be very helpful for you. Take them the EBV chapter in the book and work with them on this. Bring in the foods and supplements in the chapter and incorporate the information in the How To Finally Heal chapter. To get started, make sure you aren't eating the foods in the What Not To Eat chapter of my book, and add in 16oz celery juice on an empty stomach every day. You can also start increasing your fruits and vegetables even more. Bring in the wild blueberries daily, and the other heavy metal foods daily. These steps alone will be moving you forward. Find a practitioner to work with and keep progressing. You can recover your health. I'm with you. Blessings.

QUESTION: I have adrenal fatigue, hypothyroidism, Hashimotos, Lyme, and was diagnosed with EBV 26 years ago, hypoglycemia all my life, and for 2 years bloating and digestive troubles, and most recently full blown osteoporosis. I have done the 28-day cleanse, but with sweet potatoes and other dense cooked veggies after 4pm. Celery juice sometimes makes me feel strange in my head at times - due to too much salt maybe? Am feeling better slowly, following the EBV supplemental protocol and foods, but am wondering what can I eat/take to reverse osteoporosis?

MM's ANSWER: I'm very proud of you for all the great work you're doing. The EBV you were diagnosed with is responsible for your adrenal fatigue, and the Hashimotos and Lyme disease diagnosis, and also your hypoglycemia. You're doing the right things, so keep moving forward with that. The strange feeling in your head after drinking celery juice isn't due to too much salt, it's because the mineral salts in the celery juice are healing your body and flushing out toxins. The EBV in your liver (which is causing the hypoglycemia) has been there for a long time and as you drink the celery juice, you get that strange feeling because your liver is responding to its healing properties and flushing out poisons. For osteoporosis, you need to supplement with silica. Many people think calcium stops osteoporosis, but it's actually silica that is critical for slowing down, stopping and even reversing osteoporosis. I'm so happy you have done the 28-day cleanse because it stops acidosis, which dissolves the bones and thus helps to prevent and reverse osteoporosis. Spirit recommends continuing the cleanse for longer if you can, that could be very helpful. You are doing great work. I'm really proud of you. Many blessings.

QUESTION: About 30 minutes after drinking a fruit smoothie for breakfast I will get so groggy I have to fall asleep. The smoothie contains organic chia seeds, celery, mango chunks, strawberries, blueberries, honey, romaine and cucumber. Why am I getting so tired?

MM's ANSWER: You're dealing with a need for a little bit more calories in your smoothie, along with a bit of hypoglycemia and adrenal fatigue. Your smoothie is full of wonderful ingredients and you are doing a great job including it. You can tweak it to make it even better for your specific issues however. Firstly, add more fruit to it as that's where the calories come from. Cucumber is wonderful but you can replace it with 1-2 celery sticks for an even better ratio of mineral salts that will help you. Take out the chia seeds as they could be affecting your digestion in combination with the fruit in your smoothie. The other ingredients are all great. It would be helpful to ask yourself if you get tired after other breakfasts or meals you eat also? It's important to look back and see what else is making you feel tired. You can keep a food journal if you wish. You also need to consider the rest of your diet. The way you feel after your smoothie can actually be more to do with what else you're eating than the smoothie itself. Make sure you are eating a clean diet and eating every 1.5 hours. This is extremely important as you have underactive adrenals and a bit of hypoglycemia. If you're eating animal protein, try to minimize it to one time per day because of your health issues. If you're not eating animal protein, make sure you reduce how much oil or plant fats you need. Avocado is a great choice. You may also be falling asleep because your body is responding to the healing that happens when you drink your smoothie. You can rest for a little while and then eat a little bit again. Spirit recommends you take the B12 with adenosylcobalamin and methylcobalamin and an Adrenal Support supplement like the one by Gaia herbs (see the recommended brands in the Supplements file). Spirit says you also have a chromium deficiency which is affecting your blood sugar health, so adding in a chromium supplement will be extremely helpful for you. Blessings to you.

QUESTION: I want to ask about using lemon water to help my liver and kidneys. I began your program in December 2015, starting with the celery juice for increasing HCl. It has helped wonderfully along with your modified vegan diet and supplement recommendations. About three weeks ago, I began using lemon water to see if it would help stop aching in my liver, kidneys and pancreas. It has helped somewhat but a side benefit has been soothing the raging sleeplessness (drowsy all day; restless and awake for hours at night) I've had for half my life. I find I sleep deeply from about 11pm until around 4 or 5am. Then I wake up shaking. This is very stressful and worrisome. Can you help me understand whether I should continue lemon water in the evenings or try something else? I'm also taking the chlorine/fluoride pulling tea plus various supplements and foods you recommend.

MM's ANSWER: Yes, lemon water is very good for your liver and kidneys. You can still keep juicing celery. Spirit recommends adding raw or steamed asparagus and steamed artichokes into your diet as much as possible to help your liver and kidneys. Aloe vera juice is also very powerful at cleansing your liver and kidneys. You can buy whole aloe leaves and fillet out the gel inside the green leaf. Blend the gel with some water, coconut water or juice and drink every day. When you wake up at 4am, try to eat a little something, like a quarter or half of a banana, as that will get glucose to your nervous system to help with the shaking while you're healing. Keep up the good work. I'm really proud of you. Blessings to you.

QUESTION: Hi Anthony, you have said that high test results - say of B12 or serotonin etc, actually implies low level in organs. How do we facilitate the utilization process then to make sure it gets to organs and doesn't build up? My serotonin and dopamine results were always high, which is why I thought I have an anxiety reaction to 5-HTP where as many use it for sleep. I'm afraid to take some supplements due to this - always thought it was a methylation issue. Thanks!

MM's ANSWER: Yes, it's a methylation issue. The B12 with adenosylcobalamin (see the brand I recommend in the Supplements file) is the one that works for methylation by helping bring the B12 to the organs and nervous system. Spirit recommends you take this one if you aren't already. When the B12 is high like this, it means the organs don't have enough B12 in them. Over time this can also help

with serotonin and dopamine. Taking 5-MTHF can also help you with methylation (see the Supplements file). The other important aspect is making sure your circulation is good by keeping your blood thinner. You do that by reducing your blood fat ratio so methylation can occur. The higher your blood fat ratio, the more problems that can occur. If you eat animal protein, minimize it to once per day. If you're eating plant based, minimize any oils, nut butters, nuts, seeds and avocado. This can be very helpful for methylation issues. Many blessings.

MMMO Q&A APRIL 2016

QUESTION: I'm curious if Spirit believes POTS syndrome is an autoimmune disease and if so, what should my protocol be?

MM's ANSWER: Autoimmune diseases are not what they are thought to be. I talk about this extensively in my book because there's so much misunderstanding around the autoimmune disease concept. POTS is actually caused by a viral infection that is related to the Epstein-Barr virus. It's very important for you to support your adrenals by eating every hour and a half, and you could snack in the way I outline in the Adrenal Fatigue chapter of the book. If you follow the EBV chapter guidelines with the healing foods and supplements I recommend, POTS can get better and you can recover. Blessings.

QUESTION: I have a question about vegetables and fluid. I've been eating a diet high in veggies for a long time (and am about to start the 28-day cleanse). I usually eat plenty of cooked veggies and veggie-fruits (squash, zucchini, broccoli) because I feel I digest these better compared to raw, but I find I wear a lot of 'water weight' when eating lots of veggies (excluding leafy greens). Whether this is from the veggies and/or something else I don't know but the water weight pressure can be intense. (I find I wear a lot of water weight regardless of what I eat.) If you have any guidance on this that would be super! It would be also helpful to know if raw or cooked veggies are better for some people or best to mix it up, especially on the cleanse?

MM's ANSWER: You can mix up the raw and cooked vegetables in your diet, but do the raw fruits and veggies during the day and cooked veggies at night. That will help your healing process and digestion. The water weight is from a miscommunication happening between your liver, spleen and kidneys. I suggest you do the 16oz of straight celery juice on an empty stomach every day. You can do this as your first daily drink on the cleanse too. The mineral salts in this juice will help to ignite the kidneys and freshen up the liver. That can make a big difference. You can also do aloe juice each day by blending the gel from inside a third of an aloe leaf each day with water and drinking that. It doesn't taste fantastic but it's a powerful remedy. Drinking 2 cups of nettle leaf and red clover blossom tea each day will also help the water weight as they act as diuretics. Buying the herbs and making your own teas with 1 tbsp of the herb per one cup of water would be a good amount to brew. Blessings to you.

QUESTION: I am going to be 48 in June. I have not been vigilant about your protocol, however, I have incorporated more fruit and greens into my diet. My monthly cycle has changed. It was getting shorter before my fruit consumption. It would normally last 2 days, maybe 3 on a good month. Now it lasts from 5 to 7 days. Could I still have a child?

MM's ANSWER: Yes, you could still have a child. When you up your fruit consumption, your reproductive system starts to rejuvenate and reverse in years. The possibility of conception will be greater because the reproductive system relies on glucose and the antioxidants and phytochemicals in fruit. Fruit feeds the reproductive system and keeps it younger. Your cycle lasting longer is a good sign that it's helping. You don't have to have a long cycle in order to have a healthy reproductive cycle, but in your case it's a very positive sign. You're reversing your aging process and doing a great job, I'm very proud of you. Keep moving forward and continuing to increase your fruits and vegetables. Blessings.

QUESTION: I am hypothyroid and started following your protocol to include Nascent Iodine. When I take the iodine I get a strangling feeling, as if I am being choked. I believe I may have a goiter but have not been diagnosed. Should I keep taking iodine or is this doing more harm than good?

MM's ANSWER: Spirit says you have an iodine sensitivity, so you can hold off on taking iodine right now, and don't eat any seaweeds or fish either. Instead you can focus on keeping your diet really clean to help your thyroid, and eating the foods I recommend for thyroid issues in my book. Spirit recommends taking barley grass juice powder instead to help your thyroid, along with liposomal C. You can find these supplements at <http://www.medicalmedium.com/preferred/supplements>. In time, you will be able to tolerate iodine again. Many blessings.

QUESTION: I was bitten by a dog. Since then I have had continuous knee & leg pain. Also a few other things have occurred to which I have no other explanation. Can you tell me how much of my aches, pains and other symptoms are related to the dog bite?

MM's ANSWER: The dog bite isn't the reason for the continuous knee and leg pain. The dog bite was a trigger, like a bee sting or tick can trigger underlying conditions like I talk about in my book. The aches and pains are actually from a low grade viral condition (Epstein Barr virus) that was already on the edge of coming out within the few months or year that you got the dog bite, and the bite just triggered it to come out. If it wasn't the dog bite, something else would have triggered it. It's important for you to remove any inflammatory foods from your diet, including all wheat, gluten, dairy, and eggs. See how you feel by removing these foods. Spirit also recommends you start taking the B12 with adenosylcobalamin and methylcobalamin that I speak about, along with vitamin C. See the supplements I prefer at <http://www.medicalmedium.com/preferred/supplements>. It would also be very helpful to continue increasing the amount of fruits and vegetables you are eating, if you're not already, especially the healing foods I list in the EBV chapter of my book. You can also consider some of the other supplements listed in this chapter too. Blessings to you.

QUESTION: I would like to know if there is a remedy to heal herpes. I've been dealing with this since I was teenager. It started with cold sores, now starting to show in intimate places.

MM's ANSWER: If you're breaking out with herpes simplexes, you have a severe zinc deficiency. It takes time to correct and it won't clear up right away. Over time, as you take the right remedies and clean up your diet, if you haven't already, your body will heal and you'll get them less and less frequently until you are in a much better place. Everybody has simplexes in them, but your immune system is not responding as it should because of this severe zinc deficiency you have. The remedies for herpes are fairly standard for all herpes varieties. These include plenty of L-lysine, zinc sulfate, silver hydrosol, and licorice root. You can find my preferred providers of these supplements at <http://www.medicalmedium.com/preferred/supplements>. You can reference the Shingles chapter in my book for more details on how to recover from chronic herpes. Blessings.

QUESTION: Thirty plus years of symptoms. Infertility, endometriosis, kidney removed, gallbladder removed, mono twice, fatigue, EBV, low weight, MTHFR, adrenal fatigue, hot flashes, constipation, food allergies, ovarian cysts, muscle aches, nerve pain, etc. (Currently my right arm has stopped swinging when I walk.) I'm tired of being a symptom(s). What's the best way for me to proceed so I can find my joy again?

MM's ANSWER: It's important to remember that your body does want to heal and it's fighting hard for you every day. Anything you do for yourself, like eating more fruits and vegetables, or getting five minutes of sun, or getting some fresh air, helps your body heal, especially when you know you are doing it for the purpose of healing. Your body will take hold of whatever you do for it and move you forward, just focus on making this connection that whatever you do is for your body to heal. Your body will surprise you and help you rise out of the ashes and above all you've been through. Even though you've been through so much, Spirit still sees so many areas of good health in your body. I

want you to know and hold onto that and infuse this knowledge inside of you. If you're not already, two very powerful healing tools for you are having 16oz of straight celery juice every day on an empty stomach, and including some wild blueberries (a cup or more) in your diet every day. You can defrost them and eat them plain or blend them into smoothies. A simple combination of bananas or mangos, dates, wild blueberries, water, and a couple handfuls of spinach could be really great for you if you can do that. As you're able to, you can include more of the healing foods and supplements in the EBV chapter of my book, and make sure you are not eating any of the Foods Not To Eat in my book. I'm really proud of you, hang in there and keep focusing on all the good work your body is doing for you. It truly loves you. Blessings.

QUESTION: Please help me with my frozen left shoulder and Sjögren's. My lymph nodes are inflamed and I have severe knee pain.

MM's ANSWER: Your frozen shoulder and Sjögren's is from Shingles. I talk about this in my book so I recommend reading the Shingles chapter. For this virus and symptoms, your diet needs to be really clean. The 28-day cleanse would be very helpful for you to do (you can go longer than 28 days too if you can) as it's designed to be an anti-viral cleanse. Spirit says zinc sulfate, L-lysine, vitamin C, and curcumin are also important for you. You can find my preferred providers of these supplements at <http://www.medicalmedium.com/preferred/supplements>. Keep moving forward with the information in my Shingles chapter, and work with a natural practitioner if you like.

QUESTION: Anthony and Spirit - you have helped me so much, I can't even begin to thank you enough. You have been such an incredible blessing, and I tell all my colonic clients about you. I thought I might put myself out of business, but I see that it takes a while for people to catch on and make big changes. I wonder if you could talk about alcoholism. A lot of my family members have it, and I sometimes think I see signs of it in my 15-year-old daughter. I believe it is a physical condition caused by low neurotransmitter or some other neurological malfunctioning, but I'm not sure, and I would love to know if there is anything I can do to head it off before she becomes an adult. I give her MaryRuth Organics and smoothies, but she's resistant to the B12 for some reason, even though it tastes great (rebellion?), and I feel that she needs it. Her diet is pretty good - mostly vegetarian, good amount of fruits and vegetables, low on leafy greens, some beef, chicken or turkey, but not much (her choice). Haven't incorporated spirulina/barley/wild blue/cilantro/dulse into her diet yet. THANK YOU again, and again, you have completely changed my life, I can start focusing on other things besides my own health!

MM's ANSWER: You're correct about the neurotransmitter and neurological malfunctioning, that's a fundamental basis of how alcoholism works. But what's really happening with alcoholism is that there's a lack of glucose getting to the brain and a lack of glucose storage. People who become alcoholics have a greater need for glucose for a variety of possible reasons, and they eventually start drinking alcohol because alcohol is like methyl-sugar, meaning it drives into the brain faster than table sugar does. The sugar is like a vapor and gets into the brain instantly. Almost all alcoholics have a sugar deficiency in the brain and they end up relying on alcohol, but of course they then face the addictive nature of alcohol. This is another reason fruit juices are mixed with alcohol in many drinks and are so popular - it's really the need for more glucose. It's very important for your daughter to eat more fruit because of this greater need for glucose. The more fruit she eats, the higher the glucose will stay in her system, including getting to her brain, which can help thwart off alcoholism and even make it not taste good. Bring more fruit into your daughter's diet like grapes, strawberries, watermelon, and any other fruits she likes. The B12 with adenosylcobalamin and methylcobalamin is a great idea for your daughter also. You are a great mom Karen, I'm proud of you. Blessings.

QUESTION: Anthony, I have been on your cleanse for three weeks. I feel better than I have in years but I do have one thing that troubles me. I seem to be losing a lot of hair. What would you suggest is the reason and what can I do to stop it?

MM's ANSWER: The hair loss you're experiencing today is actually caused by something that happened in your life 8-10 months ago. This is true for anyone who loses hair. It takes that long for your hair to fall out after the cause occurs. You don't lose your hair from something that you're doing in the moment that your hair is coming out. For example, if you lose hair from chemotherapy, it takes time to fall out. It's important to look back at what was happening in your life around 8, 9 or 10 months ago and note if you were under stress, what you were eating, your lifestyle choices, any deficiencies you may or may not have been aware of, and so forth. Spirit recommends you take B12 with adenosylcobalamin and methylcobalamin, barley grass juice powder, and Gaia Herbs Thyroid Support to help with the hair loss. All the brands I recommend for these products are listed at <http://www.medicalmedium.com/preferred/supplements>.

QUESTION: I have been getting treatment by a Naturopath for Lyme disease for 1 year. I did the cleanse in January and have continued to eat raw for 2 out of 3 meals a day with raw snacks in between. My problem is that I can't seem to lose weight no matter what I do. I am starting to try to work out a bit more because since the cleanse and continued eating I have a bit more energy these days. I listened to your webcast about losing weight and I was a big meat eater before January of this year and have cut my fat intake by 80% but it doesn't seem to make a difference. Does it take a long time for the liver to become less fatty so that weight can begin to come off?

MM's ANSWER: You are doing a great job. It's wonderful that you've lowered your fat and did the cleanse. I'm really proud of you. I'm glad you're working with a naturopath. You could work with your naturopath to focus more on your thyroid which has a viral condition and is holding you back from losing weight. It would be better to focus more on your thyroid than the Lyme disease even. It takes time for the liver to heal. To help your liver recover faster, you can go completely plant based for longer if you're not already. You can stay on the 28 day cleanse to really help your liver continue to cleanse, but make sure you are eating enough calories. This will give your liver a big jump start, along with focusing on your thyroid more with your naturopath and applying the information in the thyroid chapter in my book. You are doing a great job, and with these tweaks you will be moving forward even more.

QUESTION: In your book I didn't see anything on blood pressure. Mine fluctuates and I am developing a phobia about having it taken now, even at home, so I feel I can't get an accurate reading. My husband has been put on BP meds by his doc recently and I know I don't want to go that route. My question is do you think I should be concerned about my blood pressure? I feel good in general but when I think about it I feel stressed and anxious. Any thoughts Spirit has would be appreciated.

MM's ANSWER: Liver issues are often the cause of high blood pressure for many people, and Spirit tells me that you have a stagnant, sluggish liver that is causing the fluctuations in your blood pressure. It would be very helpful for you to have 16oz of straight celery juice every day on an empty stomach. You have a magnesium deficiency so you can take magnesium glycinate daily to help with that, which will also help your liver and blood pressure (see the brand I recommend at <http://www.medicalmedium.com/preferred/supplements>). It's also important for you to do things you enjoy to help lower your stress levels. It would be very helpful for you to bring more leafy greens and vegetables into your diet. Instead of checking your blood pressure at different times of the day, check it at the same time twice per day. So you could check it at 8am and 7pm every day for example. Keep the timing consistent so you get a more accurate reading. Blessings to you.

QUESTION: I'm looking for answers for my 14-year-old daughter who has 60% hearing loss in her right ear. It happened suddenly and without warning 20 months ago after her eardrum burst. We don't know why the eardrum burst and we are looking for answers to protect her other ear and hopefully restore her hearing.

MM's ANSWER: It's not unusual for hearing loss like your daughter is experiencing to happen. There's different varieties of streptococcus that get into the ear and they can cause otitis media, which is a middle ear infection, and some varieties of strep burst the eardrum and ooze which can result in a

loss of hearing. For some people it can take 6 months to get their hearing back, and sometimes it can be longer. I recommend working with a natural doctor or practitioner who is open to the problem being from a strep bacterial infection, and work with them to help build your daughter's immune system up. It's very important she stays off all dairy products like milk, butter, yogurt, cream, and cheese. Strep usually only affects one ear but staying off dairy will help protect your daughter from getting the strep in the other ear also. Taking Vitamin C, like the Liposomal C or Ester C (see the supplements I prefer at <http://www.medicalmedium.com/preferred/supplements>), would be very helpful for your daughter. Spirit also recommends increasing her fruits and vegetables to help build her immune system. Foods that are especially helpful for strep include oregano, cranberries, lemons, oranges, pears, cucumbers, sweet potatoes, onions, garlic and sprouts.

QUESTION: I have been dealing with ringing in my ears and off balance issues, with no answers from two specialists. My head feels heavy most times. Tried celery juicing in the morning, had to stop felt so nauseous most of the morning. One ear constantly itches inside. Tried taking some supplements on EBV list, if I don't have something substantial in my stomach, it makes me feel so sick. I do have stomach issues with heartburn, only relief is Prilosec. I am adding more fruit and vegetable to my diet and avoiding corn and eggs and wheat.

ANSWER: You are dealing with Epstein-Barr virus which is creating the ringing in the ears and balance issues, and your intestinal tract isn't going to feel good and you're having heartburn because gallbladder and liver issues become problematic with EBV. It's wonderful you are adding more fruits and vegetables and removing some of the worst foods, you're doing a great job. You can try small amounts of the celery juice to see if you can adjust to it slowly. Try 4oz per day to begin with and work up from there over time. It's common to feel sick taking supplements without food in your stomach, so keep eating a little before you take them to make it more comfortable. With all the great work you're doing, you will get results over time. Just keep at it one day at a time and you'll be moving forward. I'm really proud of you.

QUESTION: Dear Anthony, my anxiety is rising. What are all of these symptoms I have? EBV? Candida? Pheochromocytoma (doctor is considering this)? IBS? Enzyme deficiency? Mercury toxicity? Thyroid disease? Pituitary problems? Autoimmune disease? A stealth virus? Gallbladder or liver problems? Chronic stress? Toxin exposure? All of the above? I'm working on things, but it feels like I'm throwing darts and not quite landing on the board. Please help. Thank you.

MM's ANSWER: You're dealing with Epstein-Barr virus, which is irritating your nerves. I recommend taking the EBV chapter of my book to your natural doctor or practitioner and working with them on the healing protocol. The supplements and foods in the EBV chapter could be very helpful for you. The 28-day cleanse in my book is also anti-viral and could be something for you to try. You also have a B12 and magnesium deficiency, which is also affecting your nervous system. The B12 with adenosylcobalamin and methylcobalamin is critical for your sensitive nerves as is magnesium glycinate (the supplements I prefer can be found at <http://www.medicalmedium.com/preferred/supplements>). I also recommend eating more of the foods that soothe the nervous system like papaya, banana, mango, potatoes, and butternut squash. This in combination with working on the EBV protocol in my book will help you to move forward.

QUESTION: I suffer from extreme constipation made worse by spirulina and barley grass juice powder. I am drinking celery juice, lemon water, lots of water, eating tons of raw and cooked veggies including potatoes, dates and taking lots of aloe and magnesium. Is there anything else I can do so I don't have to always resort to senna?

MM's ANSWER: You are doing a lot of great work, well done. If you are extremely constipated, even those most healing dried foods like spirulina can be a little problematic. You can lower the amount of these you take for now if you wish. One whole Maradol papaya each day for breakfast would be fantastic for you to help the bowel move and also the inflammation in the bowel. You can eat it straight or blend it into a papaya smoothie. If you're eating animal foods, it would be helpful to

stay off those for a while until the constipation corrects as they can be problematic for what you're dealing with. If you are baking any foods versus steaming them, that could also slow things down. Anything with less water is not ideal right now until this corrects. Adding some ginger to your lemon water could also be a helpful addition. The other things you are doing are great. I'm very proud of you. Blessings.

MMMO Q&A MAY 2016

QUESTION: I have been diagnosed with EBV, CFS, fibromyalgia, Lyme, hypothyroidism, hypoglycemia, insulin resistant, pre-diabetes & Parvo, just to name a few and I have 2 gene mutations according to MTHFR testing. My question is do I really need to avoid the foods that, although I have no symptoms, "testing" shows I am sensitivity toward - bananas, carrots, pineapple and ginger?

MM's ANSWER: As you probably know from reading my book, all the things you have been diagnosed with are caused by EBV. Even the hypoglycemia is caused by EBV because it's gotten into your liver and caused it to be sluggish. This means your glucose reserves have been diminished and therefore insulin resistance is occurring. The parvo isn't caused by EBV. It's naturally in a lot of us. The gene mutation tests get triggered by EBV and show positive results. You don't need to avoid bananas, carrots, pineapple and ginger, but you do need to avoid eggs, dairy products, corn, canola oil, soy, and gluten (especially wheat) to help heal from EBV. Focus on including a lot more fruits and vegetables in your diet, and you may wish to consider the 28-day Healing Cleanse in my book as it's a anti-viral diet. You can do this for longer if you wish.

QUESTION: Is there any loss in nutrients if I juice celery once a week and immediately freeze into daily jars? I work and juicing every morning is very time consuming but I want to do what's best.

MM's ANSWER: If you can't make celery juice fresh, then what you're doing is the next best option. Freezing it right after juicing will preserve most of the nutrients, and then you can drink it as it defrosts. You are doing great!

QUESTION: How can I cure my headaches, they are pretty much constant, fluid/pressure feeling in head. I'm desperate to know what is causing it. I also have buzzing, ear ache, fatigue, nerve pain, sound sensitivity, constipation and jaw pain. I had Shingles four years ago which led to repeated tonsil infections. But my headache is my biggest concern. Please help me with which way to go. Thank you so much for sharing your information. I tried grounding at the beach and it was amazing!

MM's ANSWER: Your headaches are caused by the Shingles virus. Even if you had headaches before you had Shingles four years ago, it's because you already had the Shingles virus in your system but it hadn't come to fruition fully yet. The other symptoms you are dealing with like the jaw pain, nerve pain, sound sensitivity, fatigue, and so on, are also from Shingles. The constipation is because of a liver issue that Shingles has caused. It would be very helpful for you to begin an anti-viral protocol like the one I outline in the Shingles chapter in my book. It's also very important to support your nervous system with the B12 with adenosylcobalamin and methylcobalamin, 5-MTHF, curcumin, nettle leaf, and monolaurin (you can find my preferred suppliers at <http://www.medicalmedium.com/preferred/supplements>). It's critical for you to stay hydrated, to eat very clean, and to eat every hour and a half so you can help your body to heal. Drinking 16oz of celery juice every day on an empty stomach is important for you, as is eating plenty of asparagus. Spirit also recommends the Gaia Herbs Liver Support for you. Stay away from eggs, dairy, corn, canola oil, and gluten while you are healing, and add in significantly more fruits and vegetables if you haven't already. Take it one day at a time and you will be moving forward. Many blessings.

QUESTION: I love your book and I am fascinated by the chapter on Autism and ADHD. I have a 5-year-old son with Asperger's and ADHD. He is an amazing child filled with love and enthusiasm but most days he struggles with sensory issues, inflexibility of thoughts, lack of self-regulation and

episodes of rage. He is gluten and dairy free and he does not have any artificial flavors or colors in his diet. We also avoid most preservatives and additives. I am hoping to do the heavy metal detox this summer but I am nervous that his challenging behaviors are going to be out of control. He has long episodes of rage when he eats healthy foods like bananas, apples, watermelon and a ton of other fruits and vegetables. I would love to understand why and what we could do to improve this or counteract it. He gets zinc and magnesium oil every day and that has helped a little. He also loves to pray to the Angels and God every night! Thank you for all you do! My health and life has already changed since following your EBV protocol and heavy metal detox!

MM's ANSWER: Heavy metals are interfering with your son's neurotransmitter function, and the production of neurotransmitters. It would be helpful to consider doing very small amounts of the five heavy metal foods every day for your son. You could add them all into a smoothie to make it simple. It takes time for heavy metals to be removed so it's important to have patience with this process. Spirit says that Neuro Mag supplement by Life Extension and Pharma GABA could be very helpful for your son, and you can speak with your natural practitioner about this (you can see my preferred suppliers at <http://www.medicalmedium.com/preferred/supplements>). Potatoes would be a great addition to your son's diet. They often (offer?) a highly mineralized glucose for neurotransmitter function, and they're soothing and calm down electricity patterns throughout the brain that are sporadic. Wild blueberries are also very important to help stop oxidation of the heavy metals and to help remove them slowly. Spirit also recommends cucumber juice for your son to support his neurotransmitters and neurons. A bit of raw honey and lemon in the cucumber juice would be helpful also to strengthen his neurotransmitters. I am so proud of you and your family. You are a great mom. Blessings to you.

QUESTION: How can I reduce my nausea caused by pregnancy, so I can eat again all the nutritious foods. The last two weeks were unbearable and I can't even think of making my green smoothies as I get sick when I think about it. I crave things like pizza and bread which I don't want to eat as it is junk food plus contains gluten. I understand that nausea is part of pregnancy, but it drags me so much down.

MM's ANSWER: You don't have to eat green smoothies or salads during this stage of your pregnancy. It's likely you will naturally start to desire them again soon enough. For now you can focus on other foods that are comforting and heavier but still healthy, instead of foods like pizza and bread. You can choose comforting foods like hummus, guacamole, white potatoes with avocado or a little olive oil, steamed peas, carrots, butternut squash and sweet potatoes, veggie broth and soups, black beans, almond butter on rice cakes, and some grains like brown rice, quinoa, and millet. These are all healthy choices and can help with what you're experiencing. Blessings to you and **congratulations** on your pregnancy.

QUESTION: My daughter, Paige, is 12. Her TSH level is 4.7. Her mother, grandmother, great grandmother, and great great grandmother all have had thyroid issues but not until the birth of their first child. I truly wonder if it is a true thyroid issue or something else for Paige. Would love Spirit's take on her. Thank you.

MM's ANSWER: It's virtually impossible to get a proper thyroid reading at the age of 12 when a girl is going through hormonal development. The adrenals aren't fully developed until a young woman is at least 17 or 18 years old, which means a thyroid reading is very unlikely to be accurate. I recommend helping her further by cleaning up her diet more. This can help to support her thyroid health now and as she continues to develop over her teens. You can add in more fruits and vegetables, smoothies, cooked vegetables, and beans, and avoid the foods I talk about in my What Not To Eat chapter of the book. Also make sure Paige is eating a snack every hour and a half to support her adrenals, thyroid, and keep her blood sugar balanced.

QUESTION: Your book has changed my life. I got very ill a few years back after two heavy courses of antibiotics and a dose of steroids. I have had severe constipation, fatigue, weight gain, and a whole

host of undiagnosed symptoms since. I have seen at least 10 doctors and have had no luck. What would you recommend for the constipation and weight gain? Are they connected?

MM's ANSWER: For the constipation I recommend eating half to a whole papaya a day and including the celery juice. You can have papaya for breakfast after 16oz of straight celery juice for a wonderfully supportive breakfast. Eliminate all animal products from your diet temporarily (including eggs and dairy) while you heal this issue and focus just on fruits and vegetables as they move through the intestinal tract at a quicker pace and create peristaltic action. It's also very important you stay off wheat. Once your constipation is better, you can start bringing in some animal foods if you wish, like turkey, fish or chicken. Drinking aloe water every day would be very helpful for you, as well as fresh ginger water (fresh grated ginger in water) and ginger tea every day, and also 16oz of fresh cucumber juice every day. These drinks will be very important and helpful for you for the constipation and weight gain. Peaches, plums and spinach are important foods for you to bring into your diet also. Eat them every day if you're able. Spirit says Ester C 500mg capsules would be very helpful for you, as well as a magnesium like Natural Calm to help get things moving. You can find my preferred supplements at <http://www.medicalmedium.com/preferred/supplements>. Many blessings.

QUESTION: Over the last 10 years I have been struggling with hypothyroidism, fibromyalgia and rheumatoid arthritis. I know I have had EBV and thanks to you I now believe all my symptoms can be attributed to this. I have been gluten and dairy free for 18 months. I am following your protocol but was wondering which supplements you consider the most important to help me finally clear this virus.

MM's ANSWER: You are dealing with EBV related symptoms and EBV related tags/labels like the ones you've listed. The reason our body gets overwhelmed by EBV and it creates problems is because of a severe zinc deficiency that we've had for many years and that allows the EBV to take hold, so zinc is critical to supplement. Spirit says licorice root tea or tincture, B12 with adenosylcobalamin and methylcobalamin, L-lysine, and vitamin C are the most important supplements that can help you with your health challenges. You can find my preferred suppliers of these supplements at <http://www.medicalmedium.com/preferred/supplements>. There are many other great supplements which I list in my book, but these are the most critical for you to work with. Many blessings.

QUESTION: I have been following the advice in your book since November. Can't quite seem to make any positive changes with my gut health. Doing the celery juice daily, eating papaya, etc. my bowel movements haven't been normal for a long time. Also struggling with very sensitive nervous system.

MM's ANSWER: I'm very happy you are doing the celery juice. You're succeeding in raising your hydrochloric acid but it takes time to fully restore and also for the inflammation in your gut to come down. If you have a lot of inflammation in your gut and you've had very low hydrochloric acid in your gut for many years like you have, the celery juice needs more time. I also recommend drinking aloe water every day using the gel inside half of an aloe leaf. You can learn how to make aloe water (but with half of an aloe leaf for you) in my blog post - <http://www.medicalmedium.com/blog/aloe-water>. The papaya is wonderful, have half of one every day. It will help to push waste through the intestinal tract and bring your bowel movements back to normal. It's very important to stay off dairy, eggs, canola oil, corn, and gluten out of your diet. You're doing really well, keep going and give it time. You are on the right track. A sensitive digestive system usually means you'll have a sensitive nervous system too. Blessings.

QUESTION: My son just found out his girlfriend came down with mono. We were upset and he went to see his doctor and they said he was not showing signs of mono but they sent out a sample to see if anything shows up. In the meantime, I went through your book and gave him the list of foods and supplements that you recommend for EBV. We also had him send that information to his girlfriend. Should he be doing something more to make sure he doesn't get it and that she can be healed?

MM's ANSWER: Your son needs to be on a high quality zinc sulfate like the one I recommend at <http://www.medicalmedium.com/preferred/supplements>. If his zinc reserves are low he may get it. I also recommend your son and his girlfriend are on ample amounts of Ester C and L-lysine. It's very important your son and his girlfriend stay off dairy products and eggs right now so she can heal up faster and to protect your son. Licorice root tea and ginger tea would also be very helpful for both of them. These are simple ways they can both protect themselves. Love and blessings.

QUESTION: I am battling Stage 4 colon cancer, and am only 32 years old! Most recently, the cancer has spread to my lungs, causing my lower left lobe to completely collapse. I also have tumors in my pelvic area that cause severe pain in my hips and down my legs. Any and all help or advice would be appreciated more than words can say! Please help me save myself because the chemo and radiation aren't working! Thank you!

MM's ANSWER: I am so sorry you are going through this. My prayers are with you. Have you thought of working with a doctor who can give you intravenous vitamin C therapy? It can be very helpful for what you're dealing with. I also recommend praying to the Angel of Mercy, Angel of Light, and Angel of Healing for support. The Angel of Faith can also help you and doing the exercise I describe at the end of this video would be helpful as often as possible - <https://youtu.be/ngQJjiWkPjk>. These Angels are powerful and can bolster you and provide you with the support you need right now. Increasing your fruit and vegetable intake would also be very helpful, along with removing eggs and dairy from your diet if you are consuming them. I am with you and I support you. Many blessings.

QUESTION: My husband and I run a business that brings organic and sustainable food from Vermont to 800 Boston families every week, all year long. Is it possible to return zinc and other critical nutrients to the soil, thus the food, in a natural way? Is composting the best way to do this, or biodynamic preps, or other methods? Thank you - much love from the Green Mountains.

MM's ANSWER: Rock dust and sea minerals are two important ways to remineralize soil and significantly improve the nutritional profile and nutrient density of our food. And it's great that you live in Vermont because you actually have a rock dust supplier in your own state, here's the link <http://rockdustlocal.com>. There is also a great online community for support and information on strengthening our soil and remineralizing our earth, found here <http://remineralize.org/online-community/>. And for wholesale sea minerals, here is a good link <http://www.seaagri.com>. But if you're looking to use only a small quantity for home-grown food, you can always just order from Amazon here <http://amzn.to/1s8Gggn>. Thank you for your dedication to local farms and for getting organic and sustainable food into the hands of as many people as possible. Much love and many blessings to you!

QUESTION: I have been suffering for over a year now. My stomach ache never goes away. My pain started in my abdominal area that radiated to my lower back and at one point I also felt it in my upper back. I do not have regular bowel movements and also had urinary problems. I have spent a lot of money on different herbs and supplements not to mention that I went through an endoscopy, colonoscopy, cystoscopy, laparoscopy, MRIs, ultrasounds and CT scans and bio-magnetic therapy. Today I requested more lab work including a small intestine bacterial overgrowth breath test. Recently, I have felt a tingly sensation on my hands and sharp cramps (feels like stabbing) on my knees and legs. Please help me, I appreciate your time and your kindness.

MM's ANSWER: There are many nerves attached to the intestinal tract and stomach. When there is any inflammation of those nerves close to the stomach or intestinal tract, pain can radiate in various places in the abdomen. This is what is happening for you. Usually the inflammation is caused by viral issues, so supporting your body with antiviral foods and supplements would be very helpful. You're also dealing with some intestinal inflammation, which is very hard to detect with current medical practices. The tingling sensation in your hands is also nerve related which is due to viral issues too. It's critical for you to have 16oz of straight celery juice every morning on an empty stomach (I posted

a video on how to make celery juice recently at <https://youtu.be/ZvQ4SoCMCP8>), and to eat papaya for breakfast every morning if you can as it will strengthen and soothe your digestive tract and help reduce inflammation. Look for the large Maradol papayas. Because your intestinal tract is so affected, the B12 with adenosylcobalamin and methylcobalamin is also critical for you, which you can find listed at <http://www.medicalmedium.com/preferred/supplements>. Herbal teas like ginger, peppermint, spearmint and licorice are very important for this issue also and I recommend drinking at least one of them daily. They are gentle ways to help you move forward with healing. Many blessings.

QUESTION: I would like to know the cause and the treatment of cyclic vomiting syndrome. If this is not what I have I would like to know. There is a large community, many of them children, who have this disorder.

MM's ANSWER: This syndrome is caused by issues with the vagus nerve. Two things can be happening to this nerve. One is that a message is being sent from the brain down to the vagus nerve to cause the vomiting. The other reason is that the tip of the vagus nerve is inflamed in the abdomen area. For some people, both of these issues are happening, for others it's just one occurring. One of the main reasons this happens is because of toxic heavy metal poisoning, so some gentle heavy metal detox would be very helpful for anyone experiencing cyclical vomiting syndrome. The best way to do this is to read the chapter in my book on this topic and implement the guidance there. There are five foods that are important for heavy metal detox: fresh cilantro, spirulina, barley grass juice powder, dulse, and wild blueberries. Have the person suffering try to incorporate one or more of these foods to begin gentle heavy metal detox. Blessings.

QUESTION: I have a son with Crohn's disease. Is there anything he can do to help with the inflammation? I would love to see him off his meds someday!

MM's ANSWER: With Crohn's it's very important to stay completely free of gluten, dairy, corn, and eggs. This can help to decrease inflammation in the intestinal tract and will help your son to start moving forward with healing. If it's too overwhelming to eliminate all of these foods at once, you can start with just one and then move onto the next, and so on. It would also be helpful for him to start drinking 16oz of straight celery juice on an empty stomach each morning. I posted a video on how to make celery juice recently at <https://youtu.be/ZvQ4SoCMCP8>. Your son could also try having aloe water to soothe the inflammation in his gut. It is bitter to drink but it's a very powerful healing tool. You can learn how to do it in my blog post at <http://www.medicalmedium.com/blog/aloe-water>. For continued support, I recommend you and your son check out <http://colitisandcrohnscenter.com>. They provide support through phone consultations to help give you step by step support and instructions while healing. Blessings to you and your son.

QUESTION: In September my 18-year old son went to college and was assaulted by his roommate shortly after moving into his dorm. He sustained a serious concussion that he still has not recovered from (has had to withdraw from school and is home with me recovering). He has been seen by a neurologist and is being followed by his primary care but they have not had many suggestions to help his discomfort other than time. I can't seem to find the right supplement mix to help him or healing modality (we tried cranial sacral therapy). I am a massage therapist and so I do massage him as his muscles are guarding a bit. He also appears to be dealing with low aldosterone. He is fairly uncomfortable with varying symptoms (high fatigue, startle response, difficulty sleeping, busy mind, electric type shock sensation down his forearms to his hands, dizziness and the list goes on). Any help you could give us would be so welcome. And thank you for all that you do! Your advice has improved my own health tremendously.

MM's ANSWER: Your son has nerve inflammation from the concussion, which is causing the nerve shocks. His vagus and phrenic nerves in particular are a bit inflamed and that's causing the dizziness and many other symptoms. B12 with adenosylcobalamin and methylcobalamin is critical for your son. You can find the one I prefer at <http://www.medicalmedium.com/preferred/supplements>. It's also very important to clean up your son's diet so the inflammation can go down. Take out any eggs, dairy

products, wheat, gluten in your son's diet. Also reduce his animal foods and bring in more fruits and vegetables, more avocado, potatoes, butternut squash, sweet potatoes, quinoa and brown rice. That will help speed up his recovery from this inflammation. Spirit says that Liposomal C is another important supplement for him that will help his recovery. Please tell your son I'm proud of him and to hang in there. He will get better and these steps will help. Blessings to you both.

QUESTION: My question is after starting a small detox program with celery juice in the morning, lemon balm, incorporating blueberries, taking the B vitamin, taking probiotics and the EPA's and really adding more leafy greens and veggies to my diet - could this all start a shingles flare up? I have suffered from cold sores my whole life, and now, at age 41 about a month after starting all of these new supplements and lifestyle, I have what appears to be shingles on my chest. It burns all the way up one side of my neck. I have 1 million questions, but this really hurts and itches.

MM's ANSWER: I'm really happy you are doing the detox, you're doing a great job. The detox you've started didn't start the shingles flare up. The rash you are getting now means you already had a shingles flare up on its way. Shingles usually comes out in women anytime between 38 and 45. Some women experience it earlier or later but that's when the majority of women get it. For shingles to be at the stage of causing a rash means it was already in the process of coming out for at least the last year and a half. It takes that long to work itself to this point. You can't be on a protocol for a month and then have shingles rash flare up because of that protocol. The diet and supplement changes don't cause shingles, but if we hypothetically said it was causing the shingles, then the rash would come out in a year and a half from when you started making the changes causing it. It takes that long to come out on the skin. The diet and supplements you are taking will actually be helping you to get rid of the shingles. Spirit recommends you keep going with these changes so you can recover as quickly as possible. Spirit also says it's very important for you to take the zinc sulfate I recommend, plenty of L-lysine, and licorice root tea to help speed up your recovery. If you are open to the 28-day Healing Cleanse, that could also be very helpful. Many blessings.

QUESTION: Is there any supplement that helps our teeth? Have had a few issues with root canals and crowns. Is it possible to 'fix' tooth decay?

MM's ANSWER: To help tooth decay, one of the things that's needed is fruits and vegetables that are rich in the mineral silica. One great food for teeth is any kind of leafy green like kale, cilantro, spinach, and lettuces like butter leaf and red leaf. Mineral salts are also very important. Drink 16oz of celery juice every day if you're not already doing it. Celery juice helps protect teeth so that they can restore and stop decaying. Also, you can brush your teeth with whatever product you like to use, and then afterwards put a little coconut oil on your toothbrush and brush with it. That's a really great way of preserving tooth enamel. Many blessings.

QUESTION: My son has tinnitus which has not improved even with supplements. Any thoughts on what else he might do? Thanks so much.

MM's ANSWER: Tinnitus doesn't usually go away overnight, but what you're doing is working on healing the root cause. The labyrinth of the inner ear is inflamed, and once you heal the root cause with the supplements and diet, it then takes time to heal the nerve. The great work you are doing now will showcase a year from now, so keep up with all you're doing. Make sure your son is taking the B12 I recommend with adenosylcobalamin and methylcobalamin (see the supplements I recommend at <http://www.medicalmedium.com/preferred/supplements>) and make sure you keep wheat, gluten, dairy, and eggs out of your son's diet so the inflammation can come down. Blessings to you and your son.

QUESTION: My question is about ferritin levels. Mine are low. Should we be supplementing with iron or will that feed viruses etc.?

MM's ANSWER: If iron is low, then most likely you're dealing with a low-grade viral condition in the spleen or other organs. Iron is one of the most favored foods of viruses. It's best to supplement with a natural plant based iron instead of prescription iron. I recommend adding in more barley grass juice powder, wheatgrass juice, and more berries like wild blueberries, raspberries, blackberries, mulberries, and cranberries, and grapes and raisins. If you consume more of these foods and take a plant based iron formula, you can build up your iron without the forms of iron that feed viruses. Blessings.

MMMO Q&A JUNE 2016

QUESTION: I really want to get pregnant this year so am doing a heavy metal detox so I don't pass so many metals on to my future child. I feel very funny after starting the detox (dizzy, brain fog, depression/anxiety) and am now afraid to get pregnant as I fear I mobilized the metals and don't want to pass them on. I am taking all 5 items daily. How will I know when they are out of my system and when it will be safe to get pregnant?

MM's ANSWER: I'm very happy you're doing the heavy metal detox before getting pregnant, that's a great idea. It does make a difference in not passing heavy metals down to your child. The protocol is designed to remove the metals from the body without dropping them along the way, so you don't need to worry. It's critical to stay properly hydrated by drinking plenty of water with lemon or lime juice squeezed in, and some coconut water too if you can, and to ensure you are eating enough calories while you detox as this will support the detoxification process. Also, be sure to graze all day by eating every hour and a half. This can help with the symptoms you're experiencing. Blessings.

QUESTION: I have had low WBC (white blood cells) and high monocytes for over two years. My initial visit to the doctor was due to penile discharge and I have done every test the doctors here can think of a few times, to no avail. I did five courses of antibiotics over an eight-month-period and the last one seemed to have worked. That was eighteen months ago; except the blood work today still shows chronic infection. Would you happen to have anything up your sleeve?

MM's ANSWER: The low blood count and high monocytes are a result of an EBV infection. There are over 60 varieties of EBV and they can't all be tested for with current testing procedures, so doctors aren't aware that EBV can be the cause of many health conditions. You also have EBV's cofactor Streptococcus, which is what is causing the discharge. But doctors aren't able to diagnose it unless it's on the throat. The antibiotics seemed to help with the discharge because it helped push back the strep infection. Your blood work still shows a chronic infection because of the EBV in your system. It would be helpful to look at the EBV chapter of my book and incorporate the healing foods and supplements I list there. It's critical for you to supplement with zinc sulfate like the one I recommend at <http://www.medicalmedium.com/preferred/supplements>. You have virtually no zinc, which is why the strep was able to take hold. It's also very important to include lots of vitamin C, L-L-lysine, lemon water, and wild blueberries. Also include oregano oil capsules, fresh thyme and dried rose hip tea (brew it strong), and olive leaf capsules every day. This will help to clear up some of the strep and you can also work on the EBV protocol in my book. Blessings.

QUESTION: I am gradually implementing your suggestions for IBS/SIBO, low stomach acid, PCOS, thyroid and adrenal issues. My questions are related to supplements. How to know the quantity to take (just follow the bottle recommendations? The book does suggest some dosages, but not all of the suggestions have quantity advice for full healing and treatment) and also do I do every supplement suggestion as it seems a lot to do especially on top of my current time consuming food preparations?

MM's ANSWER: I don't include dosages in my book because everyone is different and they have different levels of what they would like to use when they take supplements. Also, each person's natural practitioner or functional medicine doctor will have their own idea of what to take and how much, and they can work with you based on what they recommend. There's also many hyper sensitive

people out there who can only handle small amounts of supplements as their central nervous systems may be very sensitive or they may detox too fast. Others can take a lot of the supplements and not feel anything uncomfortable. If you aren't working with a practitioner, one way to move forward is to try working with the amount the bottle or package suggests and then scale back or add a little more from there according to how you feel. Even if you can only get a small amount of the supplements in, it will make a difference and help you move forward with healing. You definitely don't need to take all of the supplements. You can start with a few of the top listed supplements for the conditions you are dealing with and work with those over time. If you feel you'd like to add in another one or two or more down the track, you can do that when you feel ready. Blessings.

QUESTION: I was diagnosed with Hashimoto's disease with goiter and inflamed thyroid 5 months ago (I'm also hypothyroid and anemic). Prior to the diagnosis I had a HSV 1 GH breakout, and before the outbreak, I had my silver amalgam removed. In your book, you mentioned that 90% of the Hashimoto's is from EBV, so I have been following your protocol in eating organic dulse, wild blueberries, cilantro and celery juice, lemon balm, Cat's Claw, spirulina almost every day. I also went to see a couple of holistic doctors, but the doctor I am seeing told me the root cause is the leftover "infected wisdom teeth" in my jaw and recommends that I do Cavitation Surgery. Once the trigger is removed, then the rest of my body will be in balance. What does Spirit say? And does he see other issues that I'm not aware of it?

MM's ANSWER: Yes, EBV is responsible for your Hashimoto's, which is a viral inflammatory condition. Working on any of the EBV protocol I outline in my book is very helpful for the thyroid. The steps you are taking are great. You can also focus on more of the healing foods I recommend in that chapter if you're not already. The infected wisdom teeth aren't the cause of the Hashimoto's. Bacterial issues don't ever cause Hashimoto's. Having silver amalgams removed can lower your immune system. I talk about this in my book and in my Dental Health radio show. When your immune system weakened, the HHV1 broke out. The heavy metal detox protocol is critical after what you've been through, so you're taking the right steps. I suggest also adding barley grass juice powder to ensure you are consuming all 5 of the necessary heavy metal detox foods. Unless your dentist says it's critical to have surgery, it might be best to wait to have any more dental work done unless it's absolutely necessary until your immune system and health are stronger.

QUESTION: I have always 'shed' hair but it has become worse these past few months. Thyroid tests in 'normal range'. Have had a very low cortisol level for a while but it has just entered the low level of normal range. Have just finished reading your book. Have a big challenge with weight loss. Eat well, i.e. no junk.

MM's ANSWER: The hair you are losing these past few months was caused by whatever was happening in your life 8 months to 1 year ago. We don't lose hair from what we are doing when we are losing it. The cause is happening earlier. Think back to that time and consider what your diet was like, what kind of stress you had in your life, or what else might have contributed to the hair loss. Even though your thyroid tests are normal range doesn't mean you don't have a thyroid issue. Medical research and medical science are not advanced enough in their testing methods to be able to detect all aspects of the condition of the thyroid. It would be very helpful to take steps to support your thyroid health. Spirit recommends the Thyroid Support supplement by Gaia Herbs. You can find this at <http://www.medicalmedium.com/preferred/supplements>. Hawaiian spirulina would also be extremely helpful for your hair. You may wish to consider adding in the healing foods and supplements listed for EBV also as they will help the health of your thyroid and thus your hair too.

QUESTION: I would love to know if there is anything else you can have instead of wild blueberries from Maine, that would complete the heavy metal detox items from your book. They are really hard to source in Australia. Thought this might also help people in other parts of the world that want to do this, or are getting their amalgam fillings out.

MM's ANSWER: Wild blueberries are unique in their ability to pull heavy metals from the brain, so I recommend using wild blueberry powder daily to help with your heavy metal detox protocol. It's also helpful to consume any other wild fruits you can access in your part of the world like other wild berries or other kinds of wild fruits. These other wild foods will provide critical antioxidants for parts of the body, and help to detoxify certain heavy metals from other areas of the body like the spleen, liver, and intestinal tract. All wild fruits provide a wealth of benefits that we can take advantage of.

QUESTION: I have fibromyalgia and am patiently hoping to feel better! However, I am very concerned about my husband. He is on statins for cholesterol, his serum blood glucose has been high for three years (he is not overweight), he has IBD (taking medicine) and restless leg syndrome. I would love to see him off medications and healthy. I appreciate your input!

MM's ANSWER: Everything your husband is dealing with is liver related. He has a stagnant and pre-fatty liver. He doesn't have to be overweight to have a pre-fatty liver. In terms of the restless legs syndrome, there are different varieties that have different causes. Often restless leg syndrome is caused by a virus that is affecting the nerves in the legs. But if the liver is unhappy, you can get another type of restless leg syndrome, or rather symptoms that mimic restless leg syndrome. It would be very helpful for your husband to reduce his animal food consumption so he can reduce the load on his liver. It's best if he has animal protein once a day, and focuses on less fatty meats like chicken, turkey or fish. It's really important your husband stays off all pig products because of their high fat content. He can replace the animal foods he was eating with lots more fruits and vegetables and some plant fats like avocado and nuts and seeds. By lowering his fat intake, his liver will have a chance to begin healing and these issues can start to heal.

QUESTION: I read your book and did the online healing program, but I still have a general question about your diet protocol (and your 28-day cleanse) that I haven't seen answered yet and think could benefit many people. I personally have a problem with maintaining my weight (I have SIBO that I know of, and still searching for answers for my other symptoms). Anyway, the last 1.5 years I dropped a lot of weight, and I'm at this stage where I have to eat a lot (and a lot of carbs and fats) so I don't lose more weight. I would love to follow your cleanse, but I am fairly certain it would result in losing a few more pounds (which I can't afford). If I'm not mistaken, in your book, you also mention that it helps people to even lose a few extra pounds. My question is: is there a way to still follow your protocol, without losing any weight, for example by adding coconut oil?

MM's ANSWER: You can do a customized version of the 28-day cleanse if you like. You would need to increase the carbohydrates in your diet with extra foods like steamed potatoes and sweet potatoes, and more bananas, dates and mangos. You can also add in more avocado, add in coconut oil like you said, along with hemp seeds, some tahini and nut butter. If you feel you still need more, you can do some gluten free oatmeal, quinoa, and hummus, but if you want a deeper cleanse, it will be best to keep these out or to a minimum. The cleanse will help the SIBO too. You're dealing with streptococcus and some E coli which is what your SIBO actually is. Adding in some herbal anti-bacterials would be very helpful for this, like oregano and olive leaf, and adding in some rosemary, thyme and sage into your food. They are great in juices, salads, water, dressings, or added on top of steamed vegetables. These will help bring the strep in your system down over time.

QUESTION: In pregnancy, can I stick to your protocol for Hashimoto's, adrenal fatigue, MTHFR, and EBV? I have the suggested B12, 5-MTHF, lemon balm tea, and having my daily celery juice.

MM's ANSWER: If you're pregnant, I recommend you reassess and customize the protocol with your natural practitioner. It's better that you have guidance while you're pregnant as to what you can and can't take during this time, and go through it step by step. When it comes to your diet, there's a lot of great things you can do. Celery juice is great, as are lots and lots of fruits and vegetables of any kind. Especially helpful fruits are wild blueberries and apples. Also eat lots of potatoes to help you build up your milk supply so you have plenty of breastmilk and can breastfeed longer. It's important to stay

wheat and gluten free so your baby doesn't get sensitive, and stay dairy free so your baby doesn't end up lactose intolerant. Eating a clean diet will be very helpful for both you and your baby. Blessings.

QUESTION: My teenage son has been suffering with constant nausea, pain, fatigue, insomnia, anxiety for many years. Many misdiagnoses. Finally tested positive for Epstein Barr. I got your book and have begun reading. Is there anything he can do to immediately reduce/eliminate the nausea and get his energy back?

MM's ANSWER: A couple of things occur with EBV in many teenagers. The top of the spleen gets slightly inflamed, and doctors can't detect it yet because it's not enlarged enough to show in tests. This creates nausea. The other reason is because this inflamed part of the spleen pushes up against the bottom of the vagus nerve and this makes the nausea even worse. Now that you know he has EBV, you can focus on the EBV protocol to help him recover. It's critical that his diet is completely free of wheat and gluten, dairy, corn, and eggs, like I outline in the book. These foods all feed EBV. Even having one of these foods once a month will inflame the situation so it's important to avoid them completely. Spirit recommends he lowers his animal food intake while he is healing, and significantly increase his fruits and vegetables. Adding in plenty of potatoes into his diet would be especially helpful as they are extremely anti-viral due to their high lysine content. You can work with a natural practitioner on what supplements would be best for him, or you can begin working with a few of the top listed supplements in the EBV chapter of my book. It takes some time to heal so be patient with the process, but he is young and he can recover. Blessings to you both.

QUESTION: I've tested high for levels of iodine (raw urine test at 2700! - normal range s/be 48-210) and high levels of bromine (2500 - normal range s/be [840-2400](#)). I don't know how I've obtained the high iodine levels (do eat wild salmon and a little seafood), however, how do I reduce it now that I have this high level. Do you recommend a cleanse and I guess certainly not consuming seaweed, etc. My level of iodine can't be good for my body. Also for bromine (toxicity) release, what are your recommendations. My health is compromised - currently trying very hard to recover from adrenal fatigue (caused by what? - stress - yes, bromine? inflammation - where?) something that I don't know about?

MM's ANSWER: If you're concerned about a high level of iodine, you can take out any fish or seafood in your diet, and hold off on seaweed and iodine supplementation for now. But the only side effect that can occur from having high iodine in your urine is less cancer. Iodine helps prevent cancer in women, so women with low iodine have higher cancer rates. Great foods that can help prevent cancer are iodine, spirulina and seaweeds. For now, you can reduce the different forms of iodine you are consuming and give it some time. Then get tested again and see if you still have iodine in your urine. To recover from adrenal issues, you need to make sure you are grazing every hour if it's severe, or every hour and a half to two hours if it's less severe. Very important foods for you are asparagus, spinach, and sweet potatoes to help support you with all that you're going through.

QUESTION: How would I quell my OCD (Obsessive Compulsive Disorder)? I have struggled with it for 20 years. Another issue that is strange is that I oil pulled recently with hemp oil. I tried it 4 times and on the 4th time, the taste of it made me so sick. I discontinued use of it but I still taste it every day. It seems nothing will get rid of this awful taste in my mouth that is making me so sick to my stomach.

MM's ANSWER: I understand and know that OCD is a difficult issue to struggle with for as long as you have. One of the ways to begin breaking OCD is to change your surroundings in some way. Change the position of things in your home, bring something new into your home like flowers or grow some herbs, or see if you can stay overnight at the home of a family member or a friend, or at a hotel. This strategy is very powerful at helping to break OCD over time. Include frozen wild blueberries in your diet every day, and over time they will help to minimize the OCD also. I'm so sorry you are dealing with the awful taste in your mouth. Some hemp oils have an astringent tannin from the husk of the seed, so when they are pressed into oil, a lot of tannin from the seed can

go into the oil, and it is extremely bitter. When you oil pulled, you infiltrated your taste buds with this tannin. It will take quite some time for it to pass, so it's important to be as patient as possible with it. Eating sweet foods will help it to pass. An apple every day would be especially helpful to speed it up. Hang in there, you can recover and the taste will pass. Blessings.

QUESTION: I am a mother of two lively boys, and in a very loving marriage. My body is suffering, and so my roles as wife and mother are suffering. I want to get better so I can be the me God wants me to be! Since having my second child I have developed a gluten sensitivity and now a possible gallbladder or pancreas issue (my doctors are not sure what is wrong...), amongst other things. I feel like I'm in a spiral where I'm falling apart. Can you please give me some advice? I'd love to have more children and be free of this suffering! Thank you!

MM's ANSWER: Spirit recommends to start with 16oz of straight celery juice every morning to help both your liver, gallbladder and pancreas, and build up your hydrochloric acid, if you haven't been already. Yours is low currently, which is not unusual after giving birth because the adrenals are depleted and the liver and gallbladder weaken. It's very important to stay off eggs, dairy, pork, bacon, ham and other fatty animal meats because they are too hard on the liver, gallbladder, and pancreas right now. You could consider doing the 28-day Healing Cleanse to support your body further, but make sure you're eating enough calories. It would be very helpful to give your adrenals some support. Spirit recommends the Adrenal Support by Gaia Herbs (you can find it at <http://www.medicalmedium.com/preferred/supplements>) while you're going through this time. Everything can be remedied, it just takes some time. If you wish, you can work with a natural practitioner, perhaps even one of the practitioners I refer to on my website at <http://www.medicalmedium.com/practitioner-referrals>.

QUESTION: I am 18 years old and from Australia suffering from what I believe may be a deep stage of EBV. I live in pain and stiffness, my stomach is rotten, toilet patterns all over the place, joints feel like they are deteriorating (extremely poppy and cracky and painful), muscle aches, terrible lower back, light sensitivity, fogginess, memory problems, the whole lot. Things have gotten worse since it started 18 months ago with shoulder pain. I have been struggling going through this at such a young age as I hardly get to go out and about, being at home all the time and having these symptoms sucks. I have been seeing a Naturopath who has given me supplements and herbs, eating GF, SF, DF, PF. I saw a homeopath yesterday who thinks the EBV has caused a crash in my endocrine system and believes I need to fix the messages to allow my body to release. I cannot afford to do both, Naturopath and supplements/herbs or homeopath and homeopathic drops? (I also see a physio and a Hannemann healer). Please help and any other recommendations would be amazing.

MM's ANSWER: I know you're in agony. You will heal and get through this. It's important to do everything you can to keep your spirits up and stay positive. Your homeopath is right, you do have EBV and it did cause a crash in your endocrine system. The virus is also affecting your neurological system and swelling up nerves and joints. It's very important that you get a high quality zinc, like the zinc sulfate I recommend. The right kind of B12 is also very important for you with a combination of adenosylcobalamin and methylcobalamin. Anti-viral support is also critical, such as higher doses of vitamin C and L-lysine, and herbs such as licorice, Cat's Claw, olive leaf and mullein leaf. You can see some of my preferred brands at <http://www.medicalmedium.com/preferred/supplements>. It's critical that your diet is free of wheat and gluten, dairy, corn, and eggs. It would also be helpful to lower your animal proteins while you're healing and instead increase your fruits and vegetables. The 28-day cleanse in my book could be very beneficial for you, and you can do it for longer if you wish. You will heal, and you will teach others about how to heal in the future. Keep the faith and take it one day at a time. Many blessings.

QUESTION: My five-year-old has began to experience extreme anxiety and anger. She has been diagnosed with autism and we've worked on healing (from the inside out) for the last two years. We are gluten free, dairy free, soy, corn, and refined sugar free 90% of the time. We rarely eat processed foods and I cook all meals from scratch. I have her on lemon balm, Ester C with flavonoids,

MaryRuth Organic Multi Vitamin and Minerals, and ashwagandha (each as suggested in your book). What am I missing? What can I supplement with the help alleviate the crippling anxiety and anger? We were making such great strides (for the last two years she's healed tremendously), so the sudden regression, anxiety, and anger are perplexing.

MM's ANSWER: Children who are experiencing autism symptoms have nervous systems that require two to three times more glucose than the systems of people who don't have autism. It's wonderful that you have removed those foods from your daughter's diet, you're doing a great job. But you also need to add more fruit sugar into her diet to replace the sugar that came from those foods. When you remove dairy, you're removing lactose which is a highly concentrated sugar. And when you remove corn, you're removing sugar. And you also removed refined sugar. This is fantastic, but she will need more sugar in her diet. Even though you cook all your meals from scratch, if there isn't ample natural sugar in the foods you are using, she can get anxiety-ridden or angry and frustrated because her nervous system requires so much more sugar than someone else. Focus on giving your daughter as much fruit as you can. It will take time for things to balance out but it will help greatly. You can try giving her dates, some raw honey, banana ice cream (made with just bananas and other fruits), mangos, dried apricots, raisins, watermelon, apples, and oranges are all good choices. You can make juices, smoothies, fruit bowls and fruit snacks. Any other fruits she likes are great too. You can also give her sweet potatoes, potatoes and butternut squash. They can be mashed, steamed, made into fries with coconut oil, baked, or any other healthy way she likes them. If you're already feeding her fruit, give her even more still. You will need to pay a lot of attention to ensuring she is getting plenty so her glucose reserves build back up into her brain. Neurotransmitters run on glucose and your daughter's neurotransmitters are doing double the amount of work because of the autism. That's why she needs so much more natural sugar than the rest of us. You're a great mom. Take it day by day and she can get better. Blessings.

MMMO Q&A JULY 2016

QUESTION: I have bad allergies and it really impacts my life. Is there anything I can do to improve them?

MM's ANSWER: Allergies are typically caused by a chronic streptococcus infection in the sinuses. There are different strains that can be picked up in numerous ways. The strep can infest the sinuses and over time create more and more allergic reactions, which is why they can seem to get worse as you age. To improve allergies, it's first critical to take out the foods that make it proliferate. Removing all of the foods in the Foods Not To Eat chapter of Anthony William's book is essential, especially dairy and eggs. Be especially cautious of checking your products for any of the hidden MSG sources. This will give you a chance to begin healing the strep. The top supplements to consider for strep include lots of vitamin C, zinc sulfate, olive leaf, Cat's Claw, lemon balm, and rose hips. Foods that help lower the strep in your body include onion, garlic, wild blueberries, cranberries, lemons, oranges, oregano, ginger, and turmeric. Please note this answer is not for severe allergies like a peanut allergy.

QUESTION: I have multiple symptoms from your book and I'm not sure where to start. Please help me.

MM's ANSWER: It's very common to have multiple symptoms from a number of the health conditions Anthony William lists in his book Medical Medium. If many things resonate and you're not sure where to focus your energy, here are some simple steps you can take to get you moving forward. You can do them all or pick one to start and then move onto the next.

* Drink 16oz of straight celery juice daily on an empty stomach. Celery juice is truly a miraculous healing food. If you have multiple symptoms from the book, it can benefit you.

- * Add in wild blueberries daily. They are the most powerfully healing food on the planet and can help every single health condition. Get them in every day or as often as possible.
- * Add in significantly more fruits and vegetables. You can focus on the healing foods listed in the chapters that cover symptoms you're experiencing.
- * Read the Foods Not To Eat chapter and become a detective with your food. Make sure none of those foods are in your diet.
- * Consider adding in few of the top listed supplements under the health conditions that feel most relevant to you.
- * Pray to the Essential Angels. If you're already making changes to your diet and supplements, or you aren't able to do that yet, becoming familiar with the Angels and praying to them is a wonderful way to receive healing support.
- * Try out a Soul-Healing Meditation. Get out into nature if you're able to and enjoy the healing benefits of one of the exercises Anthony describes like Free As A Bird or Collecting Stones.

The most important thing is to take it one day at a time and keep moving forward. Have faith that in time shifts will happen as you implement the steps in the book in any order.

QUESTION: I'm struggling to lose weight even though I'm eating cleaner and incorporating more of the foods you recommend. What is happening?

MM's ANSWER: Difficulty losing weight indicates the person has a sluggish, pre-fatty or fatty liver, so even if you're eating clean, you can still be gaining weight. Anthony talks about this in his radio show episode titled 'Why You're Not Losing Weight', which you can find in the archives at <http://bit.ly/1KnExeh>. If you've been eating more fruits and vegetables and cleaning up your diet, you will be helping your body without a doubt. But your attention needs to be on detoxifying and healing your liver so the weight can come off as it heals. The liver can hold viruses and their toxic by-products, heavy metals, pesticides, herbicides, and every other toxin you have been exposed to and collected over time, so it needs plenty of support to get those toxins out.

The key to detoxifying the liver is to reduce your fat intake. An overload of fat strains the liver and dramatically slows detoxification, as well as slowing down digestion, feeding pathogens, increasing edema, and more. Significantly reduce animal foods while you are healing your liver as that's the hardest fat source on the liver. If you're eating a plant based diet, reduce the amount of plant fat you eat too. Cut out or down on oils, and reduce nuts, seeds, and avocado. Instead significantly increase your fruits and vegetables and ensure you are eating plenty of calories.

You can also add liver-supporting foods into your diet like lemon water upon waking, straight celery juice daily as Anthony describes in the book, wild blueberries, cherries, cranberries, grapes, dates, mangoes, papaya, pears, asparagus, artichokes, sprouts, radishes, cilantro, cucumbers, cruciferous vegetables, and leafy greens including dandelion greens. You can also consider supplements and teas like milk thistle, licorice root, burdock root, dandelion root, chaga, red clover, and aloe vera water. It's also important to be patient when you're healing the liver. It's working extremely hard for you and it takes some time to release all the toxins it's holding. The weight loss will come as your liver heals.

QUESTION: What can be done about an antibiotic resistant urinary tract infection?

MM's ANSWER: The bacteria causing your UTI is streptococcus, and this bacteria tends to become very antibiotic resistant. It can be a bit of a catch 22 because if the strep is too resistant and it's causing chronic infection, you sometimes need a bit of antibiotics to try to get it under control. There are specific supplements that are very important for strep. Goldenseal, lots of vitamin C and lots of zinc are critical for what you're dealing with. Other very helpful supplements are olive leaf, oregano oil, lomatium root, mullein leaf, and monolaurin (you can see some of my preferred supplements at www.medicalmedium.com/preferred/supplements). Strep can't become resistant to these supplements and herbs and they will help lower the strep in your body. It can take some time to heal

so take it one day at a time and keep up with the supplements and foods that help fight strep. The best foods include wild blueberries, lettuces, avocado, onions, garlic, lemon, and orange. It's also very important to stay away from grains, eggs, dairy, soy, and canola oil as these foods will slow or prevent healing.

QUESTION: I'm a mom of two boys, married, run a business, and teach yoga on the side. I also just finished leading a 6-week meditation class. None of my students would guess, but for the last 8-years I've seen 12 doctors trying to get back to radiant health. When my second son was 18-months I got so fatigued that I couldn't get up to unload the dishwasher at 9 am, so knew something was wrong. Over the years the doctors have told me it's: thyroid, maybe lupus, beginnings of RA, hormonal imbalance, adrenal fatigue, mercury in my teeth (and brain), allergic to gluten/dairy, stress of being a mom running her own business, and that old psychosomatic nugget "it's all in your head". Needless to say, as I was reading your book I kept saying "yes!", "finally", and "ah ha!" Would be ever so grateful for any insights you can offer as I ascend on the path back to radiant health.

MM's ANSWER: You are dealing with symptoms from Epstein-Barr virus. That's why the doctor said your thyroid is a problem and you've been told you have lupus. These are both caused by EBV, as is the adrenal fatigue, RA, and allergies. After your second son was born, your immune system was low from a severe zinc deficiency, so EBV was able to take a stronger hold and caused the symptoms you've been experiencing. This is very typical for women who are leading busy lives caring for their family and working. Zinc is critical for you because you're deficient, as is the B12 with adenosylcobalamin and methylcobalamin I like (see it at www.medicalmedium.com/preferred/supplements), and lots of vitamin C for your immune system. You could try the 28-day cleanse, which is an antiviral diet, or if you're not able to do the cleanse, it's critical you keep gluten, eggs, dairy, canola oil, and corn out of your diet and eat very clean. I recommend reading the EBV chapter again and considering adding in some of the supplements I mention there. Many blessings.

QUESTION: Hi Anthony! Any ideas what is causing my neck pain? It hurts when I rotate my head (currently being treated by a chiropractor). I also have annoying skin issues that get worse in Winter. Why is this and how can I finally be rid of this? (Had skin issues all my life.) I'm vegan mostly raw and eat a very high fruit diet. I'm already taking B12, zinc, celery juice 3 mornings a week and my regular diet is already similar to your 28-day cleanse with plenty of Spirulina, coriander, green barley and dulse added in. What else could I do to improve these two issues? Should I water fast for 10 days straight as I've heard that is extremely healing for most things? I already juice cleanse 4 times a year.

MM's ANSWER: The pain in your neck is from the nerves in your neck being inflamed from a virus in the Shingles family. Shingles symptoms can take some time to heal, but it will get better. The supplements that will be very helpful are lots of L-lysine and vitamin C, as well as nettle leaf, curcumin, and MSM. You can see the brands I recommend at www.medicalmedium.com/preferred/supplements. You also want to eat some raw garlic and asparagus daily or as often as possible. It would also be very helpful to put a warm (not too hot) heating pad on your neck in the morning for 30 minutes to relax the muscles, and then place a cold pack on your neck for 30 minutes two times over the day and evening. This will help to train your nerves to calm down. Don't underestimate how helpful this warm and cold packing is. It's best to do it daily for optimal results. Your skin issues are from your liver detoxing. You've had a liver problem for a long time due to viruses, heavy metals, and toxins in your liver. This will clear up in time. Continue with your clean diet and in time your skin can clear. Keep up the great work, you're moving in the right direction.

QUESTION: Hi Anthony! I'm following your EBV, adrenal, thyroid and heavy metal programs. I have non-stop frequent severe colds though. Any insight as to the cause or how to stop? Also, I'm happy to report I'm off my thyroid glandular after following the cleanse and herbs and eating five stalks of asparagus daily. Do I need to worry about going from hypo (which I was) to hyper? Should I eat less asparagus?

MM's ANSWER: The non-stop frequent colds just means your immune system is dealing with a viral load. In your case it's EBV. It's not a negative thing that you're getting colds. It actually means your immune system is working, it just needs a little help. The zinc I recommend is critical for you, as is vitamin C like Ester C. You could also consider doing a low dosage of goldenseal for one week (half of the dosage on the bottle) and then if you have a cold do a high dose of goldenseal by doubling what the bottle says for a week. Keep up the asparagus, it won't throw you into hyper. It's helpful to continue with it as it's one of the most healing vegetables. You are doing great. Many blessings.

QUESTION: I have debilitating brain fog for 3 years on and off for years now. No doctor even alternative doctors have been able to help me. It feels like I have a cotton wool ball in my head and my vision is affected. For some reason it is at its worst in the summer. I also have had sores in my nose for five years that just refuse to go away. Along with bloating and some weight gain. I have been doing a modified cleanse for nine months now following your EBV protocol, heavy metal detox protocol and really frustrated. This week I had a huge outburst of cold sores on my lips out of nowhere. Is there anything I can do to help my brain fog go away?

MM's ANSWER: The cotton wool ball feeling is from nerve endings being inflamed from the same virus that is giving you the sores and affecting your vision, which is a virus from the Shingles family. This feeling will be worse in the summer because the heat causes the body to swell and your already inflamed nerves in your head, behind your eyes, and in your sinuses feel it even more. You don't have the typical Shingles cold sores, but a different herpetic variety. You can use the advice in the Shingles chapter of my book to help you work through this, and you can also listen to my radio show on Shingles at <http://www.medicalmedium.com/blog/shingles-virus>. It's critical to keep your diet very clean and free of eggs, dairy, corn, and gluten, and to incorporate some of the supplements I recommend for Shingles. L-lysine in higher doses is critical for you. It will take some time to heal, but the fact that you have been eating cleaner for the last nine months will be helping this be less severe than it would have been. Take it one day at a time and keep moving forward.

QUESTION: Hi Anthony. Can you please help me understand what is going on with my son. He has sensory issues with motor development, large tonsils, bites his nails until they bleed, grinds his teeth at night, is scared to ever be without me and is 5 years old. I've had him on the Heavy Metal detox smoothies for a month and just realized that I serve it in stainless steel cups. Is this really bad to do for the smoothie? I feel so lost with him and what to do.

MM's ANSWER: Your son is dealing with heavy metal toxicity so putting him on the heavy metal detox protocol is a fantastic idea. One month is great but it takes a lot of time for the metals to be removed, so keep going with the smoothies. It's best if you can serve it in glass cups if possible, unless stainless steel is necessary for him for some reason. The teeth grinding and sensory issues are from the heavy metals. The large tonsils is a little bit of streptococcus so you could give him some vitamin C, like the Ester C I recommend at www.medicalmedium.com/preferred/supplements. You can open up the capsules and give him the powder in food. It's also very important you keep eggs, dairy and gluten out of his diet. Upping his fruit intake wherever possible would also be very beneficial. Foods like oranges, cranberries, pears, onions, garlic, and fresh oregano would be great to include in his diet if possible to help combat the strep also. Blessings to you and your son.

QUESTION: Which virus (Epstein Barr or Shingles) affects the circulation and the veins? I know diabetes affects the circulation but do Epstein Barr and Shingles also attack vein health? If so, how?

MM's ANSWER: Many varieties of EBV affect the circulation and veins because the virus gets into the liver. EBV and shingles don't attack veins, they attack the liver which then gets sluggish and causes the vein issues. It all depends where in the liver the virus affects as to how and where veins and circulation are impacted.

QUESTION: I have stage IV EBV (I think). I have been on the 28-day cleanse for almost 28 days. I have been drinking celery juice every morning as well. I have not been cheating on the cleanse except that not all of my veggies have been raw and I have had some black beans periodically. I have been having a smoothie with spirulina, wild Maine blueberries and reishi mushrooms added to it every morning. Plenty of cilantro, kale, some barley grass juice powder, colloidal silver as well. I have been drinking herbal teas with Cat's Claw, elderflower, thyme, lemon balm, red clover, nettle and milk thistle. My nerve pain is not improved! I am very discouraged. I have just started taking the vitamin B12 with the Methyl and adeno forms you suggested. What am I not doing right or what else can I do to help stop my nerve pain? I have experienced the heart palpitations, the interstitial cystitis as well over the years. I am taking Cat's Claw, reishi, chaga, Jamaican dogwood, olive leaf, licorice root and oregano oil in a tincture mix every morning. Please help me. I am discouraged.

MM's ANSWER: When you have long term EBV and it's affected the nervous system for many years, the nerves get injured, inflamed, dried, hardened, and cracked along the way. The first step is lowering the EBV load. As you do this, you're not necessarily meant to feel better right away. It varies with each person. Many people don't feel better right away because they're cleaning out a lot of neurotoxins, and this is what is keeping the nerves inflamed still. The virus creates a huge amount of toxins in the liver and other places in the body, and when you drink celery juice consistently, it flushes them out, which means you might not feel better right away but you are healing. The nerves also take time to repair, especially when they've been inflamed for a long time, so you need to give it more time. The tool that helps the nerves repair the most is the B12 I recommend with adenosylcobalamin and methylcobalamin. You've just started that one so you need to give it more time. It can take a year of taking that B12 to repair nerve damage. You're doing great work with the cleanse and supplements, and now you're taking the B12, so you will likely see more benefits soon. If you were to stop the cleanse and supplements you're doing now, and went back to what you were doing before, you'd still likely see a significant improvement in your health in 3-months-time, but you'd think it was something else causing it. This happens all the time. Really it would be from the work you've been doing the last 28 days creating those improvements. Keep going with all that you're doing, including the cleanse if possible. The changes will come and you'll start feeling better soon. Many blessings.

QUESTION: A sweet natured 16-year-old who is unable to express verbally his superior intellect needs your help. He uses a letter board to convey his inner thoughts but otherwise he can't give you verbally a proper answer! Zeolite really helps him think clearly and coriander, spirulina, papaya, etc. are added to his diet daily. He tested positive for HHV6 and varicella. What else can I do to help him.

MM's ANSWER: If your child is thinking better and clearer, that's a great sign that what you're doing is removing heavy metals. Testing positive for HHV6 doesn't necessarily mean that the virus is causing any problems for him right now. He would have had the virus as a baby and it's in his system but not active. The varicella isn't causing him problems right now either. He doesn't have high viral or bacterial activity, he is dealing mostly with heavy metal poisoning. Continue with the foods and supplements you've included. If you can add in wild blueberries, that would be very helpful, along with dulse and barley grass juice powder. Take it one day at a time and keep baby stepping him along. You are doing great! Blessings.

MMMO Q&A AUGUST 2016

QUESTION: I need some direction for my wife who has chronic fatigue syndrome. My wife got fatigue from mold in our last house, at this moment where should we start to help her feel better? Is it viral, heavy metals, stomach acid?

MM's ANSWER: The mold lowers the immune system so the EBV that causes the chronic fatigue can grow rapidly and worsen the condition. Working on lowering the EBV with the protocol in my book would be very helpful. Consider adding in the foods and top listed supplements in that chapter.

Drinking 16oz of straight celery juice on an empty stomach would be helpful to cleanse her liver, and adding in zinc sulfate and B12 with adenosylcobalamin and methylcobalamin. The heavy metals protocol would also be helpful because EBV and other viruses feed on heavy metals. A good way to incorporate the five foods is a daily smoothie like this one on my blog <http://www.medicalmedium.com/blog/heavy-metal-detox-smoothie>. As she lowers her viral load, the fatigue will begin to improve. Blessings to you and your wife.

QUESTION: I hear you allude to the spiritual healing powers of food and I know we are in for a wild ride in your upcoming book. But I need to know now when most of the world, including myself, are stressed beyond our limits (illness, divorce, grief, fear and much more) what is your top pick for a food that can help us. And if you say celery juice, I am going to laugh! Love to you.

MM's ANSWER: Yes, Life-Changing Foods is jam packed with so much emotional and spiritual healing information about different foods. I know you will love it! There are so many foods that can help in hard times. Some of the best include melons, celery juice (yes, it's true!), grapes, mangos, avocados, dates, lemon, limes, orange juice, artichokes, sprouts, cucumber juice, potatoes, sweet potatoes, oregano, rosemary, sage, thyme, parsley, and garlic. Add as many of these foods into your day and week as possible. Blessings.

QUESTION: Is MTHFR important?

MM's ANSWER: Methylfolate is important because a lot of times when people have EBV, they can't methylate properly. EBV is the cause of the gene mutation and homocysteine levels becoming out of control. The by-product and debris from EBV triggers a positive result on the gene mutation tests but it's not actually your genes, it's a viral issue. Focus on the antiviral protocol I outline in my book and you can see improvement. Blessings.

QUESTION: I have friends who are raving about a new trend in Ketogenics, using a particular brand and raving about their results with energy and weight loss and other claimed health benefits. I am skeptical, and it seems to not be as natural a way as eating an abundance of fruits, vegetables, and other fresh, frozen or dried plant products. What do you say about this trend?

MM's ANSWER: A ketogenic diet puts the body in a crisis state because it contains no carbohydrates, which forces the body to run off of adrenaline. At the beginning you can feel good, have lots of energy, and you're cleaning up some old eating habits like eating processed food. You'll also lose weight at first because the diet is forcing the body to take stored fat and convert it for weight loss. But there's a price to pay with adrenal fatigue, liver problems and hypoglycemia later on. It wears down the body fast. A ketogenic diet for a very short time could be okay for someone who is in great health, but it's not recommended for anyone with health issues or as a longer term diet. Many blessings.

QUESTION: Thank you for the constant flow of information, it has helped keep me (mostly) on track since reading your first book in November. I have been off gluten, dairy and eggs and taking many of the supplements recommended. Can you please address endometriosis? I have been looking for a non surgical approach for a long time.

MM's ANSWER: You are doing the right things with your diet, great job. With endometriosis it's also helpful to reduce or avoid animal products if you can while you're healing because it will slow down its growth. Consider doing lots of nettle leaf tea, raspberry leaf tea, and some curcumin to help the healing process. It is possible to avoid non-surgical approaches in many instances.

QUESTION: I have interstitial cystitis, also called painful bladder syndrome. I have urinary urgency and frequency and an intense burning sensation in my bladder. This has been going on for 8 years and has made my life very difficult. I want a different life than the one I am living with the symptoms of this condition. Please let me know your recommendations to heal my body.

MM's ANSWER: The interstitial cystitis is caused by an old streptococcus infection you've had your whole life. At one point you had it in your bladder and kidneys, and it has now created a bit of scar tissue in the bladder causing the interstitial cystitis. It also makes the nerves in the bladder sensitive and you can experience burning and urinary frequency. You need to soothe and mend the rough patch in the bladder that's causing the issue. A couple of tablespoons of fresh aloe leaf gel blended with 16oz of water every day would be very helpful. An antibacterial supplement like olive leaf extract could also be very helpful for reducing any old strep that's in the lining of the bladder. It's also important to remove dairy, eggs, and wheat from your diet to give the problem a chance to heal.

QUESTION: I have a question regarding the protocol for ADHD. You list the vitamins and supplements, but should they be taken all at once? My son has been dealing with ADHD all of his life. It has caused lapses in his learning. I need clear direction and instruction on how to help my boy. He struggles so much and it breaks my heart. He is such a sweet boy, but he can't keep friends. One teacher once asked me if he had something other than ADHD. She told me sometimes he had moments of brilliance. I hold onto that. I get so nervous every school year. Please pick my question.

MM's ANSWER: The vitamins and supplements don't all need to be taken at once but they can be. You can work with a natural practitioner and/or start with small dosages. Taking multiple supplements could be very helpful but you can just start with one at a time and add more if you prefer. The heavy metal detox protocol with the 5 key foods could be very helpful for your son. These foods are cilantro, spirulina, barley grass juice powder, dulse, and wild blueberries. You can put them all together in one smoothie if you wish like in this video <https://youtu.be/8T2bp8L7d9Q...> You can see my preferred brands at www.medicalmedium.com/preferred/supplements. It would also be very helpful to feed your son lots of fresh fruit as this is very important for ADHD. He can graze on fruit all day long. Keep his diet as clean as possible by removing wheat, dairy products, eggs and the other foods in the What Not To Eat chapter of my book. You're a great mom. Blessings.

QUESTION: My husband completely lost the hearing and balance in one ear last fall, they call it Sudden Sensorineural Hearing Loss. The docs don't know the actual cause, they suspect it could be viral. Just wondering if an antiviral protocol would work for him, and what else can be done to regrow the cochlear hairs and regain his hearing, and balance. Love and light to you for all the good work you're doing!

MM's ANSWER: Your husband's hearing loss is indeed viral, the doctors are correct. The only virus that affects hearing loss like that is Epstein-Barr virus. When your husband gets his hearing back from working on the EBV protocol, he is most likely going to have a very high tinnitus or ringing in the ear which may not be able to be healed because the virus has already inflamed his ear and done some damage. But he can get his hearing back. Have your husband follow the EBV protocol in my book as closely as possible and give it time.

QUESTION: My husband had his right femur shortened in December in order to match his left leg length - he broke that leg skiing three years ago. The problem is the bone isn't healing back together and he has to have another surgery ASAP. He also has developed anxiety and depression and is pretty much a mess (as probably most people would be under these circumstances). I am trying to reassure him that all will be well, but it's hard when all is clearly NOT well (and an odd thing is that this is the second time in his life he's had this experience. He used to be 4 inches taller than he currently is). Please guide me to help him in the right way so that he will begin to heal. We have been praying to the Essential and Healing Angels. After reading your book I likened his experience to that of PTSD. It's been really rough. Our doctors are not able to adequately address his issues which leads me to believe that Spirit is better equipped to help. Please help me help him! Thank you so much.

MM's ANSWER: Your husband's depression and anxiety is heightened from the anesthesia from his last surgery. Almost everyone experiences depression after surgery with anesthesia. It should pass in due time. For his PTSD, praying to the Angels is very helpful (reference my book for the 21 Essential

Angels), along with getting out into nature as much as possible. If he could do some of the Soul-Healing Meditations that would be really helpful. Doing puzzles is also very important for your husband. The idle time we have after surgery while we are healing can be unsupportive for PTSD, and puzzles both engage the mind and are healing at a soul level. They can be a wonderful aid for recovering from PTSD. It's also very important for him to be on the right B12 with adenosylcobalamin and methylcobalamin to help his body heal faster. See the brand I prefer at www.medicalmedium.com/preferred/supplements. You can reassure him that these storms in life do pass and we get to the other side. Many blessings.

QUESTION: I have EBV/adrenal fatigue/and heavy metals - self diagnosed from your book. This will be the 4th month on your diet/supplements. Making headway but have a long road ahead i think. Making my food every day has become part of my spiritual practice as it takes time and effort and forethought. I am getting nervous thinking of taking a month long trip in October, visiting my folks who eat all my no-no foods and love to go out to restaurants every morning for breakfast and then again for coffee and! lots of bread, pizza, pasta, eggs, dairy! I will be flying with my Vitamix to make smoothies. My question is: what if I go off my diet? Will that undo everything I have worked so hard to change? Will it set me back?

MM's ANSWER: It depends on what you eat and how often you eat it while you're away. At restaurants that sell pizza, pasta, and the like, the best option would be steamed or roasted vegetables (ask for only 100% pure olive oil) or you could try a plain pasta with marinara sauce without the cheese, and skip the bread. You may also be able to find rice with vegetables which would be a better option. If it's pizza place, have a pizza with vegetables and tomato sauce but no cheese. You can always check menus and call ahead of time to ask the chef to create something special for you too. It's helpful to eat a little something before you go too so you're not ravenous and want everything on the menu. It's wonderful you're doing the smoothies, that will really help. If you eat foods that aren't supportive of healing every day, it can set you back in your progress. If it's infrequent, you should be okay because of all the great healing work you've been doing already. When you get back home, it could be very helpful to go the extra mile with your health and really take great care of yourself, especially with a clean diet, to help you move forward again. Do the best you can and make the cleanest choices possible. I'm proud of you.

QUESTION: Is there anything I could/should do to compensate for having had my spleen removed? Same question about having had a massive amount of radiation to my neck and mantle? (Both were part of treatment for Hodgkin's Disease 30+ years ago.) I do know that I have thyroid nodules, and the endocrinologist didn't think my thyroid looked great on ultrasound, but I don't know if this could be due to Epstein Barr virus, or the radiation. My thyroid numbers are in the low/normal range, and I feel ok, but I've always wondered if there are specific things I should be doing to compensate for the loss of spleen and the radiation.

MM's ANSWER: One of the things that's important when you have a spleen removed is having a little bit of zinc in your system so you don't get an immune system surge that gets your body to overreact. People without spleens tend to be more sensitive so the zinc will be helpful to keep your immune system strong, and also for the EBV that's causing your other conditions like the nodules. Vitamin C is also critical for the missing spleen, thyroid, and your immune system in general. Lots of fruits and vegetables is important for radiation and because you don't have a spleen. Some Atlantic sea vegetables can help support you through this time. Lemon water, figs, oranges, cruciferous vegetables, and aloe vera water could be great additions to your diet also.

QUESTION: I was diagnosed with EBV. I've been following your advice for 3 months but still have brain fog, exhaustion and I have gained weight I just can't seem to get off. I work out and I am eating right. Any more advice would be great.

MM's ANSWER: When you've had EBV for a long time, it's going to create a lot of neurotoxins that cause brain fog and exhaustion. The weight gain is from EBV in your liver and thyroid. It takes time

to heal. When you eat right and take care of yourself, you're moving around a lot of the old neurotoxins and they're going to still cause brain fog and exhaustion until they are cleaned out of your body. If you're not already on the B12 with adenosylcobalamin and methylcobalamin, this would be very helpful to add. Make sure you are eating every hour and a half to two hours and it would be ideal to snack on some of the options in my Adrenal Snacks videos - <https://youtu.be/efiULkG17Qw>. You may also wish to work with a natural practitioner who can support you in your healing.

QUESTION: I've always have terrible issues with bad gas, but since starting your protocols and modified cleanse diet (cucumber celery juice, raw fruit breakfast, fruit smoothie, raw salad lunch, Lara bars or fruit for snacks, cooked dinner meals with optional meat) for the past 5 months it's gotten even worse. It's really affecting my personal life and is making life hard just to be at the office or go to a movie. I'm not perfect seeing I snack on organic dark chocolate almost daily (I even make it using raw honey when I can). But I do my best to avoid the NO foods. Also on your metal main 5 protocol for the past almost 2 months. I've been rotating a lot of the recommended supplements for EBV, shingles (nettle leaf, silver, licorice tea, lemon balm tea) and always on the liquid B12, liquid zinc, Esther C, MSM, ALA, Mary Truths Morning Multi, liquid siliplant. I just got a food allergy test via blood work and to my surprise everything looked negative, even celery which I have a really hard time with (gives me gas, diarrhea, itchy bumps). I also tested normal for all of my blood labs which was a blessing. I've also had rashes on my hands the past 10 years, along with heart palpitations, dizziness, nerve pain all over my entire body even my face. Also, sciatic issues that have gotten a little better but my pudendal nerves have been terrible for the past 3 years so it's hard to sit straight at all (my lumbar MRI 3 years ago was also fine). I've started icing in the evenings on your recommendation to help relax the nerves there. Any other suggestions? I still have all over fatigue, low energy, and achy lower back despite all of the healthy lifestyle changes and supplements I started +5 months ago.

MM's ANSWER: I'm sorry you've been suffering. You have low hydrochloric acid so bacteria is growing in your gut and causing problems. You also have a sluggish liver. The juice, fruit and salads are great. Take out the Lara Bars for now and make sure your cooked meals don't include meat because your hydrochloric acid isn't strong enough. Focus your dinners on simple meals of just one food like steamed potatoes, sweet potatoes or butternut squash. You can steam it, make it into a soup, or mash it. Once your digestion and your HCl become strong again, you can bring some meat back in. You have low grade EBV and Shingles infections which are causing the rashes, nerve pain, low energy, and dizziness. You're doing a great job with supplements. You could consider adding in plenty of L-lysine and also Cat's Claw. It can take some time to heal but you are headed in the right direction.

QUESTION: I have recently read your book and have started putting your suggestions in practice. I have hypothyroidism, B12 deficiency, (pernicious anemia) low iron and fatty liver (mild) I can't afford to get so many supplements so could you direct me on the most important ones I should focus on. In addition, two things are concerning to me at present. I'm wondering if there is more going on besides a fatty liver. I sometimes feel discomfort when I lay on my right side. Not painful just uncomfortable. The 2nd thing I would really like guidance with is sensations of tickling/crawling feeling on my scalp as well as tickling on my face and ears. It is quite annoying and so frustrating because I don't know how to deal with it not knowing what is causing this. Your help would be greatly appreciated in determining the cause and what course of action to take.

MM's ANSWER: The hypothyroidism is caused by EBV getting into your thyroid, and the low iron is caused by EBV also. For the B12 deficiency it's important to be on the right kind of B12 with adenosylcobalamin and methylcobalamin which you can find at www.medicalmedium.com/preferred/supplements. The fatty liver is also from EBV and dietary choices. The EBV is also affecting your central nervous system, and that's where the tickling/crawling feeling is coming from. It's very important for you to work with the EBV protocol I outline in my book. Add in the healing foods, some of the healing supplements, and remove the Foods

Not To Eat from your diet. Including 16oz of straight celery juice, wild blueberries, bananas, L-lysine, zinc, and vitamin C daily could be very helpful.

QUESTION: I am reading your book right now and until now I thought I probably have parasites and candida because of all the symptoms. I have, like constant tiredness, constipation, emotional eating, restless sleep, nervous legs and belly and so on... I am raw vegan and I still have problems. Anyway, now I am thinking I might have that virus since I was teen because that's when my tiredness and problems started but my question is what do you think about parasites and parasite cleanses?

MM's ANSWER: It's very easy to think that your problem is candida or parasites because that's the current trend in the natural health world. If you had a parasite, you would be in a very different situation. Your body will refuse to live in balance with it. There would be no option but to vomit or eliminate violently with a high fever until the parasite was gone, or you would lose the battle. It's important to not confuse this with worms which we can co-exist with, and hybrids like Barbesia which is actually a parasite and bacteria hybrid which doesn't cause any discomfort at all. An example of a parasitical attack is when you spend 2 weeks in hospital fighting for your life after drinking the water in Mexico. There's other factors causing illness that is currently being blamed on parasites. Candida isn't the problem either. If candida elevates, it does so to protect you from things that shouldn't be in your diet, but you have a very clean diet. The longterm tiredness, restless sleep, nervous leg and belly, and constipation you're experiencing are caused by a low grade EBV infection that's affecting your liver and nervous system. This is the original problem you experienced when you were younger. Raw vegan is a great diet choice for you because it won't feed the virus. It's important to start an antiviral protocol to target the EBV causing your symptoms. This is what's needed, not a parasite cleanse. I suggest adding in some of the supplements I list in the EBV chapter of my book and keep moving forward with these. Also include the B12 I recommend with adenosylcobalamin and methylcobalamin if you haven't already started it. You can find the brand I prefer at www.medicalmedium.com/preferred/supplements. Improvements will come over time as you change your focus.

QUESTION: I would like to know more about the causes of pericarditis and what can be done to help this. Thank you very much.

MM's ANSWER: Pericarditis is an inflammation in the heart and heart region that is caused by the shingles virus or HHV6. For you it looks like the Shingles virus. It can affect many different areas of the heart area including the lining of the heart, the sac around the heart, lymphatic vessels around the heart, connective tissue around the heart, and more. I recommend referring to my book and bringing the Shingles chapter to a health practitioner so you can work with them on which supplements to include. For HHV6 you could use the same principles in the Shingles chapter to help yourself too. For Shingles, it's very important to avoid the Foods Not To Eat also.

QUESTION: I had a spinal fusion on March 25 of this year. It was on my L4 & L5. I do feel some relief but I have daily pain on my left leg running to my knee. Also, my feet are swelling, especially my right foot. I was checked for blood clots but thank God I have none. I also have weight gain from menopause and possibly my thyroid, hair loss, brain fog, depression, anxiety, especially in small spaces. The pain in my left leg makes me limp and some nights keeps me up. I don't sleep through the night either.

MM's ANSWER: You're dealing with viral inflammation from the Shingles virus. Shingles can inflame the sciatic nerve and send pain down the leg. You don't need to have a Shingles rash to have the virus. It can be in your system for decades before a rash shows, and a rash might not show at all. It's very important for you to keep out eggs, dairy, soy, canola oil, and corn. Bring in significantly more fruits and vegetables, especially the healing foods I mention in the Shingles chapter in my book. Getting on the right B12 I recommend is critical to help reduce your nerve inflammation. Lots of vitamin C and L-lysine are essential too. You can see my preferred suppliers at www.medicalmedium.com/preferred/supplements. The weight gain, menopause, sleeping issues,

and thyroid symptoms are from a low grade EBV infection so it would be helpful to also incorporate some of the top listed supplements and foods in that chapter of the book into your routine also. Keep going with this and take it one day at a time.

MMMO Q&A SEPTEMBER 2016

QUESTION: How can I address high cholesterol?

MM's ANSWER: High cholesterol is caused by a sluggish liver. To help bring cholesterol down, it can be very helpful to lower the animal protein in your diet to once a day, and if you're a vegan lower your nuts, seeds, and oils. When we eat a diet too high in fat, it puts additional burden on the liver which can raise cholesterol. By lowering fats and also removing the Foods Not To Eat from the Medical Medium book, it can give the liver a chance to heal and cholesterol can reduce.

QUESTION: I have heard Anthony recommend lemon water, celery juice, and cucumber juice all on an empty stomach. What is the best way to include these over a day?

MM's ANSWER: The morning is always the easiest time to get these foods in because we have an empty stomach from being asleep overnight. But if the morning doesn't work, you can bring them in anytime over the day when you have an empty stomach. About two hours after your last meal or snack is a good time. We find that first thing in the morning or late afternoon about a half hour before dinner are good times for most people. If you're able to, a wonderful flow would be to have lemon water upon waking (with some raw honey if you'd like), then celery juice 20 minutes later. Then later in the day when you have an empty stomach you can have cucumber juice. If you're only able to get one of these in right now, try the celery juice to start, and then drink lemon water over your day, even if it's near food.

QUESTION: What is the cause of rosacea?

MM's ANSWER: Rosacea is another mystery illness that is not understood by medical science and research. It is actually a type of eczema caused by a liver that is overloaded with toxins. Dermatotoxins are released from the burdened liver and try to come out through the skin. In the process they damage the derma and this is what causes the redness that has been labelled rosacea. The liver of someone with rosacea will be overloaded from toxins from a pathogen that's in the liver, along with extremely high levels of copper, and pesticides. Anthony talks about these factors in his radio show on eczema and psoriasis, and we also have an article on this on our blog. The same information shared in this radio show and blog post can be applied for someone with rosacea: <http://www.medicalmedium.com/blog/healing-acne-eczema-psoriasis>

QUESTION: I don't have a gallbladder. How should I adjust my diet?

MM's ANSWER: If someone has had their gallbladder surgically removed, it's helpful to keep the fats in your diet very low. That means removing eggs and dairy, and significantly reducing consumption of animal protein, oils, nuts and seeds. Small amounts of avocado or even some seeds like hemp seeds, sesame seeds, or pumpkin seeds are better options. As you reduce or remove these foods from your diet, it's important to make sure you're still eating enough, so increase fruits and vegetables as much as possible. You can enjoy abundant quantities of these, along with the starchy vegetables like potato, sweet potato, pumpkins, and squashes. This will help you keep your calories at a sufficient level to feel energized and nourished. You could also try the 28-Day Healing Cleanse in Anthony's book Medical Medium. You could do the cleanse as it is in the book, or modify it with some cooked vegetables. You could do this for as long as you'd like.

QUESTION: What causes tonsil stones?

MM's ANSWER: Tonsil stones are caused by an old streptococcus infection that's previously infested the tonsils and never fully left. Anthony William just did a radio show on streptococcus that covers this bacteria and how to begin healing from it - <http://bit.ly/2c6uiOv>. To help lower the strep in your body bring in more wild blueberries, lettuces, avocado, onions, garlic, lemon, and orange. It's also critical to stay away from grains, eggs, dairy, soy, and canola oil. Helpful supplements to consider include zinc sulfate, periodic goldenseal, fresh thyme tea, lemon balm tea or tincture, sovereign silver, Cat's Claw, and lots of vitamin C like Ester C. You can find many of my preferred suppliers of these supplements, herbs and teas at www.medicalmedium.com/preferred/supplements.

QUESTION: What is the cause of Raynaud's syndrome?

MM's ANSWER: Raynaud's syndrome results from toxic blood circulating in the body due to a high viral load in the liver from Epstein-Barr virus. Following the EBV information in Anthony's book Medical Medium, plus the information coming out in his new book Life-Changing Foods, is a great help in addressing this condition. Trying the 28-day Healing Cleanse in Medical Medium can also help speed up healing from Raynaud's syndrome. If it feels right, you could do the cleanse for longer. Take it one step at a time and allow time for healing to occur.

QUESTION? What is the cause of alopecia?

MM's ANSWER: There's a variety of hormones produced by the adrenals that haven't yet been discovered by medical science and research. One of them is responsible for keeping your hair growing. If your adrenals are lacking in this hormone, it can result in alopecia. This is different to hair loss from other health conditions like thyroid and liver issues. It's very important for someone with alopecia to follow the grazing eating method Anthony discusses in his book Medical Medium, and to eat plenty of wild blueberries. It's also very helpful to consider adding in vitamin C, Hawaiian spirulina, barley grass juice powder, and ashwagandha.

QUESTION: I'm doing the 28-day cleanse from your book Medical Medium but I'm losing too much weight. What do I do?

MM's ANSWER: It's very normal to lose excess weight when you do the cleanse because it detoxifies the liver and other organs. However, many people also just don't eat enough when they do the cleanse as they are not used to eating enough volume of fruits and vegetables to get enough calories. If you were eating chicken, cheese, pork, fish, eggs, milk, and/or grains before the cleanse for example, and then you switch to the 28-day cleanse diet as described in my book, you will naturally be eating far less calorie dense foods. Fruits and vegetables simply don't have as many calories as other foods, so you can't switch a plate of chicken and rice or even chicken and broccoli with the same sized plate of fruit and vegetables and expect to get the same amount of calories. You will likely be eating 1/3-1/5 of the amount of calories. To prevent losing too much weight, you can eat plenty of sweet fruits like bananas, dates, and mangoes, and also include more avocado, some seeds like sesame and hemp, and at dinner include some steamed starchy vegetables like potato, sweet potatoes and butternut squash. Also make sure you are eating every hour and a half to two hours. This will support your adrenals and help keep your body at its optimal weight. Lastly, it takes time for the body to heal. For some people that can mean some unwanted weight loss due to the health conditions they are already dealing with, and it will balance out in time provided you are truly eating enough. It could be helpful to track your calories for a few days to make sure you are eating enough.

QUESTION: Are food allergy and sensitivity tests accurate?

MM's ANSWER: Testing procedures are antiquated and not totally accurate. A test may show you have an intolerance to a food that you are actually fine with, and it may also show a food is fine for you that could end up causing a symptom like a rash, headache, runny nose, or worse. That's not to say you shouldn't adhere to the test results you receive. It's just best to be guided by reactions you feel in your body for up to 10 days after eating any food. It's very hard to accurately assess, so an

elimination diet can be a more helpful tool for identifying food sensitivities and allergies. You can also try the 28-day cleanse in Anthony's book or even a more simplified version with just the foods you feel sure of, and then slowly add in one food at a time every 10 days to see how it feels for you.

QUESTION: What causes adult acne?

MM's ANSWER: Adult acne is typically caused from a streptococcus infection. Anthony William just did a radio show on streptococcus that covers this bacteria and how to begin healing from it - <http://bit.ly/2c6uiOv>. It is also covered at the end of the radio show on Eczema, Psoriasis & Acne - <http://www.medicalmedium.com/.../healing-acne-eczema...>. To help lower the strep in your body bring in more wild blueberries, lettuces, avocado, onions, garlic, lemon, and orange. It's also critical to stay away from grains, eggs, dairy, soy, and canola oil. Helpful supplements to consider include zinc sulfate, periodic goldenseal, fresh thyme tea, lemon balm tea or tincture, sovereign silver, and lots of vitamin C like Ester C. You can find many of my preferred suppliers of these supplements, herbs and teas at www.medicalmedium.com/preferred/supplements.

QUESTION: What is vitiligo caused by and how can I start healing it?

MM's ANSWER: Vitiligo is another mystery illness that is not understood by medical science and research. It is a skin condition caused by a liver that is overloaded with toxins. Dermatoxins are released from the burdened liver and try to come out through the skin. In the process they damage the derma and this is what causes the pigment issues that have been labelled vitiligo. The liver of someone with vitiligo will be overloaded from toxins from a pathogen that's in the liver, along with extremely high levels of copper, and pesticides. Anthony talks about these factors in his radio show on eczema and psoriasis, and we also have an article on this on our blog. The same information shared in this radio show and blog post can be applied for someone with vitiligo: <http://www.medicalmedium.com/blog/healing-acne-eczema-psoriasis>.

QUESTION: What steps can I take to heal from painful gout?

MM's ANSWER: It's important for someone with gout to reduce the animal foods in their diet while they are healing. Eating animal protein once per day or avoiding it temporarily is helpful. You can instead focus on a lot more fruits and vegetables including potatoes, sweet potatoes, and avocados, some nuts and seeds, and some beans and gluten free grains like millet and quinoa if desired. It's also very important to increase the alkalinity of your diet which means focusing your diet for the most part on lots of leafy green vegetables and fresh fruits. A great daily recipe for someone with gout is a large juice of celery, cucumber, and spinach. You can add some apple, lemon, and ginger to this if you like. The 28-day cleanse in Anthony's book Medical Medium is a perfect healing cleanse for someone with gout and can really help to reduce pain. It's very important to keep out eggs, dairy, pig products like pork and bacon especially for someone with gout. Drinking burdock root tea and eating plenty of turmeric can be helpful also.

MMMO Q&A OCTOBER 2016

QUESTION: I can't tolerate most of the healing fruits and vegetables recommended. What should I eat?

ANSWER: When someone thinks they don't tolerate certain healing foods, usually it's because they feel discomfort or symptoms of some kind after they consume it. This doesn't necessarily mean you have an intolerance to the healing food, but rather that you have sensitive nerves and other health conditions that you feel when you eat the very foods that bring healing to the body. Anthony discussed food allergies and sensitivities in detail in his recent radio show which you can find here: <https://soundcloud.com/medicalmedium/healing-from-allergies>. I highly recommend listening to it a few times over as it contains so much new information that he brings to light for the first time. If you

are eating healing foods but are feeling too much discomfort, you can reduce the amount of them you eat, or leave certain ones out entirely for now, bringing them back in again later as you heal. Some symptoms and discomfort is normal and expected as you change your diet and supplements and heal, especially if you have particularly sensitive nerves and so many people do. But this experience is different for everyone and has to be adjusted individually. If you are too uncomfortable or symptomatic, you can focus just on the healing foods that do feel comfortable enough for you and take it very slow. These foods will be different for everyone. Some of the foods that often feel best for very sensitive people include mango, papaya, cucumber, celery, lettuce, pear, potato, sweet potato, and wild blueberries. It's ok to just eat a few simple foods that feel most comfortable to you for a short time, just try to get some fruit and greens in. You can also just include small amounts of many healing foods and over time increase the amount of them you eat as your body adjust and heals. It's also important to do your best to keep the Foods Not To Eat from the Medical Medium book out of your diet. I know it's not always easy, but if you're including them, you will likely be experiencing symptoms from them because they contribute to illness, which can influence your understanding of whether it's the healing foods or other foods still in your diet that are causing your symptoms.

QUESTION: I am confused about why we would take metals like silver and copper when heavy metals cause so many health issues. Can you please clarify?

ANSWER: There are different types of metals. Certain industrial heavy metals like lead, mercury, copper, cadmium, nickel, arsenic, and aluminum can all build up in the body to create or contribute to illness and hundreds of symptoms, like that used in aluminum foil, copper pipes, or in lead based paints. Then there's certain forms of metals that are different to the poisonous industrial ones listed above. Taking the ionic trace mineral of copper in supplement form and what's naturally present in some foods for example can be healing for the body because this form of natural copper helps remove the toxic heavy metal copper that feeds viruses in the body. Sovereign silver is another incredible supplement option because it kills viruses, bacteria, and other microbes, and helps the immune system. It's important to know these fundamental differences between the types of poisonous metals that harm us, and the trace minerals that can help us.

QUESTION: I have been having bad migraines, and neck, shoulder and jaw pain. I've been following the EBV protocol for a month and seeing improvements, but still have pain. What can I do?

ANSWER: A month on the protocol is fantastic! **Congratulations.** A month can bring about a lot of changes for some people, but healing chronic issues takes time. Keep going with what you're doing, and also add in the Shingles protocol. Shingles can be the cause of chronic migraines, neck, shoulder, and jaw pain so adding in the suggestions from the Shingles chapter of Anthony's book Medical Medium also could be helpful. Keep going and have faith. Healing is happening, it just takes time to recover from decades of being influenced by The Unforgiving Four (read about these here <http://www.medicalmedium.com/blog/unforgiving-four>), along with any poor food or lifestyle choices we have made, the stress in our lives, and so on.

QUESTION: During the 28-Day Healing Cleanse, is it best to avoid all herbs and supplements, and let the body concentrate on the healing foods?

ANSWER: The cleanse can be done with or without herbs and supplements. It depends on many factors, like your sensitivity level, access to supplements, budget, and more, and really it's an individual choice. It can be very helpful to continue with supplements throughout the cleanse period but if that feels too much for you, then foods alone can bring incredible progress. Any healing steps you take count and can help move you forward.

QUESTION: I can't stand the taste of cilantro. How important is it for me to eat it for the heavy metal detox?

ANSWER: Fresh cilantro (also known as coriander) is very important for heavy metal detox. It's one of the 5 foods that can together remove heavy metals effectively from the body. They work in concert together, each food helping to draw out the heavy metals in various parts of your body and brain, getting them ready for removal. Cilantro is a powerful tool for drawing out very old metals that we have inherited through our blood lines. This is the kind of heavy metal poisoning that's causing problems for so many people today, even from very young ages. If you can't stand the taste of cilantro, you can start with a tiny amount hidden in food. A sprig in a big smoothie, sauce, dressing, guacamole, or another dip. Over time you will be able to keep increasing this amount until you are eating a lot more of it and find the taste more palatable. If you also clean up your diet and cut out the Foods Not To Eat that Anthony lists in Medical Medium, along with adding in more and more of the healing foods (again from Medical Medium and also in his new book Life-Changing Foods), over time as healing occurs you will likely find the taste of cilantro to be less of a problem for you.

QUESTION: What is the cause of Ehlers-Danlos syndrome?

ANSWER: Ehlers-Danlos syndrome is caused by the Epstein-Barr virus constricting blood vessels and inflaming the connective tissue around bones, joints, and ligaments. It would be helpful to bring in the healing steps in the EBV chapter in Anthony's book Medical Medium, and also apply the information in this radio show <http://www.medicalmedium.com/bl.../epstein-barr-virus-revealed>.

QUESTION: What is the true cause of Polycystic Ovarian Syndrome (PCOS)?

ANSWER: PCOS can develop in a woman who has Epstein-Barr virus, especially if she contracts it early in life. The virus gets into the reproductive system and fibroids and cysts develop over time. Following the EBV protocol in Anthony's book Medical Medium, plus adding in the foods he lists for PCOS in the upcoming book Life-Changing Foods like pomegranates, berries, and cherries, is needed. For PCOS, it's especially important to keep all eggs, dairy, and wheat out of the diet, and significantly increase fruits, vegetables, and leafy greens as they have the healing properties that can fight EBV and support healing. If you can also lower animal foods overall temporarily, it can help speed up the healing process. There are some great herbs that can assist with PCOS, like nettle leaf tea, raspberry leaf tea, Cat's Claw, vitamin C, and zinc. Including these daily is ideal.

QUESTION: I'm having strong salt cravings, but too much salt makes me bloat. How can I address this?

ANSWER: Salt cravings are your body's way of telling you it needs more mineral salts, especially natural sodium. Sodium is critical for our health, we just need to ensure it's the right kind. Bringing in straight celery juice daily is the quickest way to address salt cravings and get different varieties of bioactive sodium and other mineral salts quickly into the body and brain. You can also eat celery with all your meals and snacks over the day to get more mineral salts into your diet. Eating more raw leafy greens is also essential. It's helpful to get into a pattern of thought where every time you eat, see if you can find a way to add some celery or some leafy greens. Even if it's just a few spinach leaves - it all counts. You can refer to the Adrenal Snacks video for more ideas <https://www.youtube.com/watch?v=efiULkG17Qw>.

QUESTION: What's the cause of sudden hearing loss?

ANSWER: Sudden hearing loss is typically due to Epstein-Barr virus infection affecting the ears. It can also be from too much exposure to very loud noises. Applying the EBV protocol in Anthony's book Medical Medium is very important, along with taking out the foods in the What Not To Eat chapter of his book. You can also listen to his radio show on EBV here - <http://www.medicalmedium.com/bl.../epstein-barr-virus-revealed>.

QUESTION: I'm not sure if I have adrenal fatigue. Should I still eat every 1.5 to 2 hours like Anthony discusses in Medical Medium?

ANSWER: Yes, it is helpful for everyone to use the grazing technique Anthony describes in his book. Over 80% of us will experience adrenal fatigue multiple times over our lives, so it can be helpful for healing to follow this practice no matter what. Using the grazing eating method also helps to prevent adrenal fatigue in the future, even if you aren't experiencing any symptoms now. If you feel you have severe adrenal fatigue, it can be helpful to graze every hour. For the rest of us, every 1.5 to 2 hours is great.

QUESTION: I have been experiencing bloating ever since I added more fruits and vegetables. Why might that be happening?

ANSWER: Most people who experience bloating when they eat more fruits and vegetables are already dealing with bloating before they added these foods in. The bloating was there before but when you eat small portions of densely caloric foods with little or no fiber or water, like a piece of chicken, cheese, or a small handful of nuts and you're not eating a lot of fruits or vegetables, you will only notice a small amount of bloating. But when you increase the quantity of water rich, highly fibrous fruits and vegetables in your diet, you will naturally be eating a lot more volume of food, even if it's not more calories. Because you're now eating more volume, the bloating issue you already had will showcase itself more obviously. Also, as your liver starts to cleanse and purge as you add in more fruits and vegetables, which are naturally detoxifying, a lot of poisons flood out of the liver and go into the intestinal tract. As you continue to detox, you can experience some bloating from this, especially if all the fiber from the fruits and vegetables is cleaning old deposits of food out of your intestinal tract and colon. People with digestive trouble already have low hydrochloric acid also, so as poisons dump into the liver, the bloating can feel more noticeable as your body clears out old toxins. The most effective way to build your hydrochloric acid is to drink 16oz of straight celery juice (ideally organic) on an empty stomach every day. Some people can feel a difference in a matter of days or weeks, for others it takes some months or longer. If your past diet from 10, 20, 30, or 40 years ago was filled with processed food, and you start bringing in fruits and veggies, expect some cleansing and readjusting. It's also important to look at what else is in your diet. If you eat more fruits and vegetables but you're still including some of the foods Anthony lists in his What Not To Eat chapter of his book, you'll likely still experience symptoms like bloating because it's much harder for healing to occur with these foods in your diet. These foods need to be removed entirely to not cause further issues. It's also important to look at what you're eating your fruits with. Fruits are so quickly digested that when we eat them with other foods like grains, cooked vegetables, dairy, or animal protein, you can experience bloating. It's best to eat fruits alone or with raw vegetables only. Finally, it takes time to heal. Keep doing your best with the steps Anthony shares and over time healing can happen.

QUESTION: Do I need to eat grains to get soluble fiber as well as insoluble fiber from fruits?

ANSWER: This is a common misconception. The fiber our bodies need for health is in fruits and vegetables, so eating as much of these as possible is optimal. Grains also contain fiber, but it's not a fiber we must get to be healthy. High quality, gluten-free grains like millet, quinoa, brown rice, teff, gluten-free oats, and amaranth can be part of a healthy diet, so enjoy them if you like them, but they are optional and not necessary for good health.

QUESTION: I've read that certain greens like spinach and kale are high in oxalates, which are apparently toxic. Should I avoid them?

ANSWER: This is a myth that is preventing many people from getting some powerful and needed nutrients and healing properties provided by foods deemed to be high in oxalates. Oxalates are not the concern they are believed to be. There are oxalates in every single fruit and vegetable on the planet. The vast array of nutrients in so-called high oxalate leafy greens are some of the most nutritious available to us. Medical research and science has not discovered that there are anti-oxalates in fruits, vegetables, and leafy greens that prevent the oxalates from causing us the damage the current trend

tells us they do. In reality, these foods don't cause us any harm, rather they provide us with critical healing nutrients like phytochemicals, vitamins, and minerals. If you're still concerned with oxalate sensitivity, start with a little bit of lettuce and add in more fruits, greens, and vegetables slowly. Eating leafy greens in their raw state is especially helpful.

QUESTION: I experience a lot of food cravings and often reach for wine, cheese, and chocolate in the afternoon and evening because I crave them so much. How can I begin to overcome this?

ANSWER: There are a number of things you can do to help with these cravings. The most helpful is to bring in a lot more fruit and/or carbohydrate-rich vegetables like potatoes and sweet potatoes. Your body and brain runs on glucose, and when we aren't getting enough, we tend to crave the foods that will quickly get sugar into us, like wine, cheese, and chocolate. Contrary to common belief, cheese is extremely high in sugar because it's a form of highly concentrated lactose, which tends to stay off the radar of the 'sugar police'. It's our body's need for glucose to properly fuel ourselves that's really driving these cravings. Increasing your consumption of fruit, leafy greens, and carbohydrate-rich veggies regardless of the type of diet you subscribe to, whether it's paleo, vegan, vegetarian, or any other type of diet, will help to feed your body and brain the glucose it needs so these cravings will lessen over time. The other factor to consider is how much you're eating. If you are not eating enough, no matter how healthy the foods, you will again find cravings can show up. It's important to feed ourselves with plenty of the right foods, primarily fruits, vegetables and leafy greens, so we are properly nourished and not eating too few calories. A simple way to do this would be to have a big fruit smoothie for breakfast, snack on multiple pieces of fruit up until lunch, add fruit to a big raw vegetable salad at lunch or pile it high with 'vegetable fruits' like tomatoes, cucumbers, avocado, and bell peppers, follow up with fruit or a smoothie in the afternoon, and include some steamed potatoes, sweet potatoes, and/or winter squashes at dinner, or have wild fish or another high quality animal protein with vegetables. You can also sip on lemon or lime water all day with some raw honey to keep your body and brain fueled. If you get a craving for a food like wine, chocolate or cheese, try making a big fruit smoothie (throw some celery or spinach in for an especially effective fuel), or sit down to a steaming bowl of potatoes, butternut squash soup, or baked sweet potatoes topped with avocado for example.

QUESTION: How do I know if I'm healing and how long should I keep going with the protocol to see results?

ANSWER: The healing process for each of us is as unique and different as we all are. That means it will never be the same for any two people. True healing can take time. Many issues can clear quickly, while others can take longer. It depends on so many factors, including your health conditions, their severity, how long you've had them, stress levels, diet and lifestyle choices, other healing steps you are taking, how consistent you are, which steps you take and which you don't, and more. If you make improvements in any way, like adding in the Heavy Metal Detox Smoothie - www.medicalmedium.com/blog/heavy-metal-detox-smoothie, you will be giving your body the opportunity to heal a bit more. It all counts. If you're making better choices with the correct information that Anthony shares, you will be moving forward in one way or another. It's also important to remember that healing isn't always a linear process, so don't be discouraged if it seems like there's some setbacks. Often it's three steps forward, two steps back, so there may be times when it can feel like we aren't making progress, but in reality we are. Healing can also happen in increments where a lot of progress could be made one month and then small amounts of progress the next month. As symptoms start to improve a bit, or clear altogether, you will know deeper healing has happened. It's helpful to keep working with the healing information Anthony shares until you are free of symptoms, and even then continue for a bit longer. If something helps you to heal, it can be helpful to keep doing for longer too.

QUESTION: What causes teeth grinding?

ANSWER: Teeth grinding can be caused by a viral infection like the shingles virus (you don't need to have a rash to have shingles), or heavy metal toxicity. Emotional struggles also worsen teeth grinding. It's helpful to consistently apply the Shingles protocol (more info in the books Medical Medium and Life-Changing Foods and at <http://www.medicalmedium.com/blog/shingles-virus>) and Heavy Metal Detox protocol (which you can find in the book Medical Medium and at www.medicalmedium.com/blog/heavy-metal-detox-smoothie). It's also very helpful to do the Soul Healing Meditations from the Medical Medium book and pray to the Angels in the same book that resonate with you.

QUESTION: I get very cold when I eat lots of juices, smoothies, and fresh fruits and vegetables. Should I still eat raw fruits and vegetables in the winter?

ANSWER: Fresh fruits, vegetables, and leafy greens are among the most healing foods we can eat, no matter what season it is or if it makes us cold. It's normal to get a bit cold when you eat fresh fruits and vegetables during the winter, but there's ways to make it more tolerable. Also, you can become less cold over time as you heal because health conditions can impact temperature regulation. If you're feeling very cold, drinking hot herbal teas all day like ginger tea, thyme tea (<http://www.medicalmedium.com/blog/thyme-tea>), lemon balm, and raspberry leaf tea (or any herbal tea you like) can be very helpful. It's also important to make sure you're eating enough calories and eating every 1.5 to 2 hours. The Healing Broth on the blog is a wonderful warming broth to sip on when you are cold that will also replenish you with plenty of minerals - <http://www.medicalmedium.com/blog/healing-broth>. Winter or when you're feeling extra cold is also a good time to enjoy bowls of steamed vegetables and soups at dinnertime, perhaps alongside a beautiful fresh salad, steamed potatoes, winter squashes, cruciferous vegetables, whatever you like. There are many delicious warming recipes in Life-Changing Foods. You can also try these two soup recipes on the blog - <http://www.medicalmedium.com/blog/zucchini-soup> and <http://www.medicalmedium.com/blog/sweet-potato-soup>. If you are doing the 28-day Healing Cleanse and omitting cooked food for now, you can add more warming foods and spices to your food like cayenne pepper, ginger, cinnamon, cardamom, chili pepper, cumin, and curry powder, along with sipping on hot herbal teas and healing broth over the day to stay warm. You can also eat your fruits and veggies at room temperature by letting them sit outside of the fridge before eating to help.

QUESTION: What is helpful for acid reflux?

ANSWER: It's very important to remove the Foods To Avoid from Life-Changing Foods and Foods Not To Eat from Medical Medium, and replace them with far more fresh fruits, leafy greens and vegetables to alkalize your system. Adding in 16oz of straight celery juice on an empty stomach in the morning every day can do wonders, and you can even add another 16oz glass of the juice before dinner on an empty stomach if you wish. Adding aloe water into your daily routine is also a wonderful healing tool for acid reflux.

QUESTION: What is the cause of Myasthenia Gravis?

ANSWER: Myasthenia Gravis is typically a result of the Epstein-Barr virus in combination with some heavy metal poisoning. Someone may have only a little bit of heavy metal poisoning or a lot, but any amount will strengthen the virus in the body and in combination can result in the symptoms of Myasthenia Gravis. Following the EBV protocol from the book Medical Medium consistently is the more important step for this condition, along with adding the heavy metal detox foods daily which you can read about at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also apply the information at www.medicalmedium.com/blog/epstein-barr-virus-revealed.

QUESTION: My tongue has turned black since starting the MM protocols. What is causing this?

ANSWER: It's not uncommon for the tongue to turn black as you detoxify heavy metals and chemicals with the information Anthony shares in his books and radio shows. The tongue will return to a healthy color as the toxins leave your system. It takes time for all of these poisons to leave the body, so it's best to keep going with the steps you are taking for at least six months to a year after you are symptom-free, or if you wish.

QUESTION: What causes warts and can they go away?

ANSWER: Like the skin tags I addressed last week, warts are the result of a liver that is filled with toxins. It could be many different kinds of toxins, like those created by a pathogen in the liver, heavy metals, chemicals and pesticides, and more. Warts can be healed. The best approach for a very overburdened and hard working liver, is to support the organ by focusing as much as possible on a plant based diet that is low in fat. Once you've recovered, you can choose the healthiest diet that you feel is right for you. It's also important to eliminate gluten containing grains (or all grains if you wish), eggs, dairy, canola oil, soy and corn. The 28-Day Healing Cleanse in the book Medical Medium is ideal for warts. You can also support your liver by adding in 16-32oz of lemon water first thing in the morning after waking, then 16oz of celery juice 20-30 minutes later, and bringing in teas that support the liver daily like burdock root tea, dandelion tea, nettle leaf tea, and raspberry leaf tea.

QUESTION: What causes skin tags and can they go away?

MM's ANSWER: Skin tags are the result of a liver that is filled with toxins. It could be many different kinds of toxins, like those created by a pathogen in the liver, heavy metals, chemicals and pesticides, and more. Skin tags can be healed. The best approach for a very overburdened and hard working liver, is to support the organ by focusing as much as possible on a plant based diet that is low in fat. Once you've recovered, you can choose the healthiest diet that you feel is right for you. It's also important to eliminate gluten containing grains (or all grains if you wish), eggs, dairy, canola oil, soy and corn. The 28-Day Healing Cleanse in my book Medical Medium is ideal for skin tags. You can also support your liver by adding in 16-32oz of lemon water first thing in the morning after waking, then 16oz of celery juice 20-30 minutes later, and bringing in teas that support the liver daily like burdock root tea, dandelion tea, nettle leaf tea, and raspberry leaf tea.

QUESTION: I struggle to find or can't afford organic produce. What can I do?

ANSWER: In the free course The Healing Path, Anthony addresses this question in the FAQ's. You can sign up for the course at <http://www.medicalmedium.com/healingpath> and get the information he gave there, plus lots more healing information and recipes. The best way to wash conventional (non-organic) produce is to use an unscented natural dishwashing liquid. You can find a recommended brand at <http://www.medicalmedium.com/preferred/kitchen>.

QUESTION: Is the Blood Type Diet helpful?

ANSWER: The Blood Type Diet is helpful because it eliminates processed foods, so some people get results because their diet is better. However, it is not true that certain blood types should eat certain meats and others certain fruits or vegetables while ignoring others. All fruits, leafy greens and vegetables are beneficial foods, although some are especially helpful for certain conditions and symptoms like Anthony shares in his new book Life-Changing Foods.

QUESTION: What causes Erectile Dysfunction?

ANSWER: Erectile dysfunction can be caused by a number of possible things, including:

1. Really low testosterone and very high estrogen;

2. Heavy metals in the area of the brain that sends the message to the nerves to become erect;
3. Cognitive/emotional issues that affect erectile function.

Helpful first steps would be removing dairy and eggs, eating plenty of fruit, especially wild blueberries, including the 5 heavy metal detox foods (www.medicalmedium.com/blog/heavy-metal-detox-smoothie), focusing on very clean animal food sources if you choose to eat them (ideally once per day or less while healing), and working with some of the soul healing meditations from the Medical Medium book regularly.

MMMO Q&A DECEMBER 2016

QUESTION: What is the cause of breast cancer?

ANSWER: Breast cancer can be caused by the Epstein-Barr virus (EBV). Radiation exposure can contribute as well. It's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for breast cancer and EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28-day Cleanse in the book Medical Medium would be wonderful to consider doing. It's also extremely helpful to focus on antioxidant rich foods like wild blueberries, other wild berries, raspberries, blackberries, and pomegranates, as well as the other foods listed in the books for EBV and breast cancer. Breast cancer comes from later stage EBV so do your best to incorporate the protocol as your lifestyle while you heal. For radiation, it's very helpful to read the information on radiation on pages 6-7 of the book Life-Changing Foods. The Anti-Radiation tea in the book Medical Medium would be helpful addition to your daily routine along with eating apples, figs, avocado, aloe in the form of aloe water www.medicalmedium.com/blog/aloe-water, artichokes, wild blueberries, kiwi fruit, cauliflower and Atlantic sea vegetables eaten together (especially dulse and kelp), and many more. Peruse through Life-Changing Foods to learn about all the foods that support removal of radiation from the body and protection for further exposure.

QUESTION: What is the cause of an enlarged prostate?

ANSWER: An enlarged prostate is also caused by Epstein-Barr virus. The information given above for EBV applies for this condition also.

QUESTION: What causes dandruff?

ANSWER: Dandruff is caused by a liver that is overloaded with toxins from viruses and their byproducts, heavy metals, pesticides, and other chemicals and toxins. Anthony talks about how to heal your liver in his radio show at <https://soundcloud.com/medicalmedium/healing-your-liver>. It would be very helpful to follow the advice shared in this show. It's also very important to focus your diet as much as possible on fresh fruits, leafy greens, and vegetables. The 28-day Cleanse in the book Medical Medium would be very helpful for this condition, especially for an extended amount of time if you're able to. Some of the best foods for dandruff include wild blueberries, papaya, celery juice, asparagus, cucumber juice and cucumbers, and sweet potatoes. Eating a diet low in fat is highly important for healing the liver. As you lower your fat intake (from animal or plant sources), your liver is able to start dumping out the toxins inside it and begin healing. Dandruff can be one of the last symptoms to go for some people, so if you have a lot of conditions and symptoms to heal, keep going with your protocol and keep the faith.

QUESTION: How can I tighten my skin and prevent further sagging?

ANSWER: The best foods and supplements for someone with sagging skin or someone who wants to tighten or improve their skin include asparagus, papaya, mango, aloe water (read how to ake it

at <http://www.medicalmedium.com/blog/aloe-water>), nettle leaf tea, and the supplements MSM, silica (both living silica and MegaHydrate forms are helpful), Hawaiian spirulina, and barley grass juice extract powder. The highest quality brands Anthony prefers can be found at www.medicalmedium.com/preferred/supplements. Including these foods and supplements daily or as often as possible along with a clean diet free of the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods is very helpful for sagging or damaged skin. It's also critical to eat plenty of fresh fruit because of its high antioxidant content which is key for keeping us youthful. Hydration is another key factor, especially drinking "living water", which Anthony speaks about in The Healing path at <http://www.medicalmedium.com/healingpath>. You can add life back into your water by adding fresh lemon or lime juice to it, or placing it in the sunshine to activate for 20 minutes or more.

QUESTION: Are colonics helpful?

ANSWER: Colonics can be helpful for some people if they are very constipated, however for many people who have sensitive central nervous systems from viruses, heavy metals, and other toxins, it can be best to hold off on colonic hydrotherapy. Every person will be different so it's a personal decision you can make with your health practitioner if you are interested in this treatment.

QUESTION: I have itchy ears. Nowhere else is itchy, just my ears. Is this a fungus?

ANSWER: Itching on the outside of the ears is typically a variety of eczema, not a fungus. There are over a hundred varieties of eczema that haven't been discovered by medical science and research, so the true cause of many conditions are not understood either. Anthony did a fantastic radio show on healing eczema which you can listen to at <http://www.medicalmedium.com/.../healing-acne-eczema...> Apply the healing steps in this radio show and give it time for healing to occur. It's especially important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods.

If the itching is inside the ear, it's typically from an allergy to a certain food. It would be helpful to remove the foods above in this case also, and if possible, do the 28-day Healing Cleanse from Medical Medium. If you wish after the cleanse, you can add back in other foods (excluding the Foods Not To Eat and Foods To Avoid) and see if you respond negatively to any of those foods. It's important to note that food allergies and intolerances don't always result in symptoms immediately. They can happen for 10 days after eating a food you have an allergy to so it's important to take this process slowly and one food at a time if possible.

QUESTION: Is it important to soak nuts in water before eating them to remove the phytic acid?

ANSWER: Soaking nuts in water before eating them is not as necessary as is commonly thought. It's only helpful for people who have very weak digestive strength, and even then it's not always helpful. The common belief is that soaking nuts in water removes the phytic acid in nuts, making them more digestible. Phytic acid can be irritating to some very sensitive people so soaking the nuts to reduce the phytic acid can be helpful in this instance, but for the majority of sensitive people who feel better eating soaked versus plain nuts, it's really that soaking the nuts make them softer, and therefore easier to digest, breakdown and assimilate. This is why some people find nut butters easier to digest than whole nuts. If you feel you struggle with digesting nuts, you can try soaking them for yourself and see how it feels for you. The most helpful step you can take to maximize digestibility of nuts is to eat them raw, not roasted, and to eat only a small amount. Nuts are a very dense food and a little goes a long way. Snack on a few or a small handful as you wish alongside water-containing foods like celery and cucumber versus a whole cup or bag. The best choices for nuts are raw pistachios, walnuts, macadamia nuts, brazil nuts, almonds, and cashews. Seeds are often better digested than nuts also. Top choices are pumpkin seeds, hemp seeds, chia seeds, and sesame seeds.

QUESTION: What is the cause of dysautonomia?

ANSWER: Dysautonomia is the result of multiple factors affecting the body which together result in the symptoms labelled as dysautonomia. These factors include a viral infection, typically Epstein-Barr virus or Epstein-Barr virus plus Shingles virus, along with heavy metal toxicity. These two factors together worsen symptoms because viruses feed off heavy metals and become stronger. Very often there's also adrenal health issues due to the virus/es affecting the liver which has in turn impacted the adrenals. I recommend reading or re-reading the information in Life-Changing Foods titled The Unforgiving Four on pages 5-10 to better understand how these factors work separately and together. This is key information for almost every illness and symptom people experience today. Eating the foods in Life-Changing Foods along with the protocols for EBV, Shingles, heavy metal toxicity, and adrenal health in the book Medical Medium are helpful for this illness.

QUESTION: In the book Life-Changing Foods, it says "Potatoes can absorb and help diminish the negative effects of wireless Internet signals, cell phone signals and emissions, and other electromagnetic fields (EMF). They can even soak up and neutralize the negative emotional energy we sometimes pick up during the day and bring home with us. To tap into this feature of potatoes, select one to keep out in a bowl on the kitchen counter or elsewhere in your home. Discard the potato every five to seven days (don't eat it) and replace it with a fresh one." What do I do with the rest of the potatoes I want to eat?

ANSWER: Potatoes intended for eating are best stored in the fridge. When potatoes are stored on a counter or where they are exposed to light they can turn green and become toxic. However, you do want to keep one potato out of the fridge if you'd like it to use it for the purpose above.

MMMO Q&A JANUARY 2017

QUESTION: What's the difference between the zinc picolinate and zinc sulfate Anthony recommends?

ANSWER: Both of the preferred zincs you can find at <http://www.medicalmedium.com/preferred/supplements> are excellent quality and helpful. The liquid zinc sulfate is especially effective. It immediately enters the lymphatic system and begins to help kill off viruses, strengthen the immune system, support the thyroid, pancreas, and adrenal glands, and more. It's the ideal zinc to use at the first signs of a cold or flu, and ideally for everyday use for most people. Not everyone can tolerate the liquid zinc sulfate right away. In these cases, the zinc picolinate is the next best option to support the immune system and organs. It's typically best to start with a small amount of the zinc sulfate and see how it feels for you, and then work up the dosage yourself or with your health practitioner. If you feel nauseous, you can have it after food. If the zinc sulfate doesn't feel like the right one for you, you can try the zinc picolinate. If you are very sensitive, it's helpful to work with a health practitioner to get your dosages right for you.

QUESTION: Is drinking water from plastic bottles bad? What's the best choice for water?

ANSWER: Plastic can leach into your water so whenever possible, it's helpful to use a filtration system in your home versus relying on water in plastic bottles. Anthony likes the Berkey water filter which you can find at <http://www.medicalmedium.com/preferred/kitchen>. You can take water filtered through your Berkey with you on the road or to work. When you are traveling or away from home, you can also purchase bottled water in a higher quality plastic that is BPA free. One good example of higher quality plastic is the BPA free PET (polyethylene terephthalate) plastic used by the brand Fiji Water. You will find a #1 code at the bottom of the bottle which shows it's PET plastic. You can look for this same code on other bottles to see which brands use better quality plastic.

QUESTION: What's the cause of Ankylosing Spondylitis?

ANSWER: Ankylosing Spondylitis is typically a result of the Epstein-Barr virus in combination with heavy metal poisoning. Following the EBV protocol from the book Medical Medium consistently along with adding the heavy metal detox foods daily is critical. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. You can also learn more about EBV at www.medicalmedium.com/blog/epstein-barr-virus-revealed. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods.

QUESTION: If I have multiple conditions but can only afford a few supplements, how do I choose which ones to take? Should I rotate them or stay on the same ones?

ANSWER: The supplements listed at the top of the Healing Supplements lists for any condition in the book Medical Medium (<http://www.medicalmedium.com/book>) are the most important. If you have multiple conditions and symptoms, you can see if there is a common cause to some of them, like Epstein-Barr virus, Shingles virus, or heavy metal toxicity. If there's a common cause, you can consider taking a few of the top listed supplements for that condition to start. You can certainly rotate supplements if you wish, although there are some like the B-12 with adenosylcobalamin and the zinc sulfate that can be helpful long term (you can find preferred brands for these supplements at <http://www.medicalmedium.com/preferred/supplements>). You can hear Anthony talk about some helpful core supplements at <http://www.medicalmedium.com/blog/are-supplements-necessary>. Supplements are so individual that it can be best to take the book to your health practitioner and ask them to help you. You can also find some practitioners on our website who you could contact for support if you wish at www.medicalmedium.com/practitioner-referrals

QUESTION: How can I help myself heal from a common cold or flu?

ANSWER: When you come down with a cold or flu, there's some simple tools that can help speed up the healing process. As soon as possible, you can take zinc sulfate and Ester C if that feels right for you. Vitamin C and zinc are excellent supports to your immune system and can help you prevent getting sick with a bug or shorten the time you are ill. Some other helpful herbs and supplements that you can consider taking include sovereign silver, elderberry, echinacea, goldenseal, lemon balm, Cat's Claw, mullein, and lomatium root. You can find preferred brands for these supplements at <http://www.medicalmedium.com/preferred/supplements>. You can also read about some of these herbs in detail in the book Life-Changing Foods at www.medicalmedium.com/life-changing-foods and there's also information on the blog at the following links:

<http://www.medicalmedium.com/blog/lemon-balm>

<http://www.medicalmedium.com/blog/elderberries>

<http://www.medicalmedium.com/blog/goldenseal-root>

<http://www.medicalmedium.com/blog/echinacea>

<http://www.medicalmedium.com/blog/mullein>

<http://www.medicalmedium.com/blog/lomatium>

It's extremely helpful to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods when you have a cold or flu so you can allow your body to heal as quickly as possible. It's also essential to stay properly hydrated. Drinking lots of fluids like lemon or lime water, coconut water, fresh fruit and vegetable juices, and herbal teas is critical. If you have a fever, it's best to stick to liquids as much as possible versus eating solid foods. The above liquids plus Healing Broth is ideal until your fever breaks -

<http://www.medicalmedium.com/blog/healing-broth>. Some of the best flu and cold-fighting foods are garlic, ginger, turmeric, onions, and the aromatic herbs listed in Life-Changing Foods. The Turmeric-Ginger Shot recipe in the book is exceptional as a remedy for helping yourself or loved ones recover from a bug. You can sip on it all day. Of course, getting as much rest as possible is also important.

QUESTION: I've heard that when you heal, your most recent symptoms heal first and your earliest symptoms and conditions will be the last to heal. Is this correct?

ANSWER: No, this is not correct. Healing doesn't follow any particular pattern that we can understand. The body uses its infinite intelligence to heal us as it deems best. This means that the healing process won't be linear and it will seem random to us as we simply can't understand exactly how the body is working. What we can know and trust is that our bodies are always working hard for us and love us unconditionally. Our bodies never take a break from their work healing us. Remembering this as you move through the sometimes difficult to understand process of healing can be very helpful.

QUESTION: What is the cause of Addison's disease?

Addison's is not just an adrenal issue as is commonly believed. The symptoms commonly labelled as Addison's disease (also called 'Adrenal Insufficiency' occur because of a pathogen (and often other toxins) that have affected the adrenals, liver, thyroid, and central nervous system. Following the EBV information in Anthony's book Medical Medium, plus eating the foods in Life-Changing Foods along with the protocol for EBV could be helpful for this condition. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The grazing eating technique described in the Adrenal Fatigue chapter of Medical Medium is essential for Addison's. You can find some more examples of Adrenal Snacks in this video - <https://www.youtube.com/watch?v=efiULkG17Qw>. It's also very important to focus as much as your diet as possible on fresh fruits, leafy greens, and vegetables, and keep your diet lower in fat. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Celery juice is also very helpful in recovering the adrenals, liver, thyroid, and central nervous system. You can read about how it works and how to drink it in the book Medical Medium also. The 28-Day Healing Cleanse in the book Medical Medium could be very helpful for Addison's disease. If it feels right, you could do the cleanse for longer. Take it one step at a time and allow time for healing to occur.

QUESTION: You include a number of recipes for healing tea blends in your book Medical Medium. How much of these blends should I drink daily?

ANSWER: In Medical medium, Anthony provides exact recipes for healing tea blends for a variety of purposes. He includes tea recipes for:

Anti-Chlorine/Anti-Fluoride Tea

Anti-Pesticide/Anti-Herbicide/Anti-Fungicide Tea

Anti-Plastics Tea

Anti-Cleaning Solvents Tea

Anti-Radiation Tea

All of the recipes call for one tablespoon of the herb blend per one cup of water. This is a great amount to start with daily. If that feels fine to you over a couple of weeks, you may wish to consider drinking two, three, or four cups a day. Everyone is different and it also depends how strongly you brew your tea. Tea made by pouring water over the herbs and steeping for five minutes won't be as strong as tea made by simmering the herbs in water for 30 minutes or more and then straining, but both methods are fantastic. Starting with one tablespoon of herbs in one cup of water and slowly adding more if desired over time is usually the best strategy.

QUESTION: What is the cause of Lichen Sclerosus?

ANSWER: Lichen Sclerosus is caused by a chronic systemic low grade streptococcus infection. It's critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. You can refer to the healing foods in Life-Changing Foods for

streptococcus. You can also learn more about streptococcus in the radio show at <https://soundcloud.com/medicalmedium/streptococcus-revealed>.

QUESTION: Do I need to have my skin exposed to the sun to receive it's healing benefits or can it still provide healing benefits through clothing?

ANSWER: It is best to have some skin exposed to the sun where possible. In the warmer months, just 5 minutes of sun on a part of your skin is very helpful. During winter, when you are bundled up in lots of clothing to keep warm, it could just be on your face or hands for whatever time you can catch some sun directly on your body or through a window when sunlight is streaming in. You can call on the Angel of the Sun to open up your body's cells to receive the sun's healing properties also.

QUESTION: What is the cause of Seasonal Affective Disorder (SAD)?

ANSWER: The symptoms known as SAD are caused by existing underlying health conditions that can worsen over winter (or other seasons). When someone is very sensitive due to underlying health conditions caused by viral and bacterial infections, heavy metal toxicity, pesticides and more (read about The Unforgiving Four at <http://www.medicalmedium.com/blog/unforgiving-four> and in detail in Life-Changing Foods - <http://www.medicalmedium.com/life-changing-foods>), they can be sensitive to any changes, including the weather. This hyper-sensitivity can lead to worsened symptoms when there are shifts in temperature and weather conditions like rain and snow. In addition, sun exposure strengthens the absorption of all nutrients in our bodies, so if someone has underlying health issues and deficiencies, the decreased sun exposure in winter can mean they don't have the benefit of the fortifying support the sun provides at other times of the year. The symptoms associated with SAD can also be triggered by other factors which can worsen existing health conditions. Winter is often a time when people eat richer comfort foods, which can burden the body more than usual and lead to an increase in symptoms. For people in the northern hemisphere, winter is the time when there are many holidays and that typically means more rich food, alcohol, late nights, stress, and emotions. These factors can trigger a worsening of symptoms that then get referred to as SAD, even though they have nothing to do with the weather or season. While SAD is most common in winter for these reasons, SAD-labelled symptoms affect people in every season, including summer, which shows that it's about more than just weather or timing. Applying the healing information Anthony gives in his books Medical Medium (<http://www.medicalmedium.com/book>) and Life-Changing Foods (<http://www.medicalmedium.com/life-changing-foods>) is central to healing from SAD symptoms.

QUESTION: What is the cause of anemia and what can I do to help it?

ANSWER: Anemia, which is iron deficiency, is typically caused by an underlying chronic viral infection from Epstein-Barr virus. When a woman contracts mononucleosis, she will become iron deficient from the Epstein-Barr virus. As EBV travels into the spleen, liver, and bone marrow, it affects the health of the blood and can also interfere with the accuracy of blood tests. The popular remedy for anemia is to take iron supplements, however they are not all created equal and it's important to know which are the most helpful. Here is a direct quote from Anthony's book Medical Medium to offer further explanation: "Even though iron in the right amounts is good for you, viruses love to feed on this metal. Almost all cases of anemia are caused by a low-grade viral infection. You should therefore avoid iron supplements that are not plant-based. Increase your iron naturally by eating spinach, barley grass juice powder, Swiss chard, squash, pumpkin seeds, asparagus, sulphur-free dried apricots, and other vegetables and fruits with relatively high amounts of iron." (page 287, Medical Medium - <http://www.medicalmedium.com/book>). These foods, along with other fruits, leafy greens, herbs, sprouts, and vegetables contain iron, however it is the helpful trace mineral form of iron. Plus, these foods also contain anti-viral properties that support healing from a viral infection. As you heal from Epstein-Barr virus, your iron levels can restore from the iron-rich foods and plant-based supplements you are consuming.

QUESTION: The frozen wild blueberries I purchase look white inside, not blue. Does this mean they are conventional blueberries instead of the wild ones Anthony says are better for us?

ANSWER: All plants in nature vary from plant to plant. Different weather and environmental conditions, locations, farmers, and the fact that every plant is unique just like every human is means that there will be little differences across the same variety of plant. No two apples are the same, nor are two potatoes. The same is true for wild blueberries. The inside of wild blueberries will be a shade of blue, but not always the same shade. Some are a richer, darker blue, others are a more pale blue. The difference in the shades of blue has no impact on the nutrient and healing value of wild blueberries. They are all exceptional. As long as your wild blueberries are the smaller, wild blueberries, and not the more well known, larger, cultivated blueberries that are truly white inside, you will be gaining the many benefits these wild berries offer us.

QUESTION: What causes diverticulosis (also called diverticulitis)?

ANSWER: Diverticulosis can be caused by an e. Coli and/or Streptococcus infection. It's critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. You can refer to the healing foods in Life-Changing Foods for these conditions. You can also learn more about streptococcus in the radio show at <https://soundcloud.com/medicalmedium/streptococcus-revealed>.

QUESTION: What can be done to help body odor?

ANSWER: A very strong, chronic body odor typically means the person doesn't have enough hydrochloric acid and has ammonia permeability (read about this in the book Medical Medium). This results in food not being properly broken down which can lead to a strong body odor. The person will typically also have a liver issue, and their spleen, stomach, and gastrointestinal lining could also be overloaded with toxins. Anthony talks about how to heal your liver in his radio show at <https://soundcloud.com/medicalmedium/healing-your-liver>. It would be very helpful to follow the advice shared in this show. It's also very important to focus on your diet as much as possible on fresh fruits, leafy greens, and vegetables, and keep your diet lower in fat. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Celery juice is also extremely important to restore hydrochloric acid and heal ammonia permeability, which is what really causes the symptoms often said to be leaky gut or intestinal permeability today. You can read about how it works and how to drink it in the book Medical Medium also. The 28-day Healing Cleanse in the book Medical Medium could be very helpful for this problem. However, someone can also have a strong body odor as they detox and poisons pour out of their body. Vitamin C can be very helpful at grabbing onto these toxins and assist in minimizing odor. Drinking 16oz of straight cucumber juice on an empty stomach daily can also help to remove the toxins circulating in the body. If the person needs to be in public it's very important to detox slowly. They can slowly work towards the Healing Cleanse at their own pace or simply add in more celery juice, fruits, leafy greens, and veggies as they can.

QUESTION: What is the cause of bursitis?

ANSWER: Bursitis is typically caused by the Shingles virus. Eating the foods in Life-Changing Foods along with the protocol for Shingles in the book Medical Medium are helpful for this condition. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. Shingles is especially responsive to emotional stress so asking the Angels for assistance and doing the Soul-Healing Meditations from Medical Medium would be helpful. The information in this radio show will also be helpful - <http://www.medicalmedium.com/blog/shingles-virus>. Turmeric, the supplement curcumin, and nettle leaf can be helpful for pain management also.

MMMO Q&A FEBRUARY 2017

QUESTION: What is the cause of scleroderma?

ANSWER: Scleroderma is caused by Epstein-Barr virus severely inflaming the connective tissue. It's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28-day Cleanse in the book Medical Medium would be wonderful to consider doing, possibly for an extended period. Along with the EBV protocol, some additional helpful supplements to consider include living silica, MSM, curcumin, and nettle leaf. You can find the preferred sources for these supplements at <http://www.medicalmedium.com/preferred/supplements>.

QUESTION: Are copper cookware, bottles, and kitchenware safe to use?

ANSWER: The metals in all products you touch and use regularly can leach into the body with enough use over time, copper products included. These metals are the ones we aim to detox with Anthony's Heavy Metal Detox protocol - www.medicalmedium.com/blog/heavy-metal-detox. If possible, it's best to use glass bottles and containers versus copper or steel, wooden cutlery instead of steel, and ceramic cookware versus copper or steel. This isn't possible for many people of course, so you just do the best you can with your situation. It's never helpful to stress over details like this. Instead focus your energy on bringing in more of the foods and tools that support your health like increasing fruits and vegetables, removing detrimental foods, doing the heavy metal detox, and if you're able to, you can make other changes like replacing kitchenware.

QUESTION: I have severe Chronic Fatigue Syndrome and struggle to prepare food for myself. Is there anything I can eat or do to begin getting a bit more energy?

ANSWER: I'm so sorry for your struggles. People who suffer with Chronic Fatigue Syndrome have an underlying Epstein-Barr virus infection, and often other factors alongside the virus from The Unforgiving Four (you can read about this in the Life-Changing Foods book) and sometimes adrenal fatigue too. It's helpful to follow whatever you can from the protocol for CFS in the book Medical Medium. If you are bedridden with fatigue, it's important to stop feeding the virus by removing the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. Instead you want to focus on as much as possible on getting in the foods that will kill of the virus, lower your toxic load, and bring your energy back. It's very important to get glucose from fruits and mineral salts from celery and leafy greens vegetables and to eat every hour. You can reference some ideas for perfect adrenal snacks in this video here - <http://www.medicalmedium.com/.../16-snacks-for-adrenal-fatigue>. Thankfully, the best foods for CFS can also be extremely simple to have ready to snack on. Keeping apples, oranges, tangerines, pears, bananas, dates, cherry tomatoes, cucumbers, and dried apricots and figs by your bedside with celery stalks and a box of pre-washed leafy greens like spinach or spring mix to snack on can be very helpful. You can also keep coconut water, lemons and water for lemon water, and a jar of raw honey with a spoon ready by your bedside to keep you hydrated and fueled. A spoonful of honey can be a great pick me up during the day or night. Having these healing foods right by your bed or in your kitchen or wherever you prefer makes it easy to pick up whatever is close and eat healthily. You can also defrost frozen wild blueberries in a bowl and have them near you with a spoon so you can easily eat them. It can be helpful to also keep Hawaiian spirulina and barley grass juice extract powder with your water and coconut water so you can simply add a spoon of each, stir well and drink instead of having to blend a smoothie when you're exhausted. Papaya is an exceptional fruit for bringing energy and strength back to someone with CFS. If possible, eating papaya whole or blending papaya with celery juice is a wonderfully rejuvenating and healing tool. You can also place some of the key supplements for CFS listed in the book by your bedside so you can easily take them each day. I know fatigue can be so debilitating that doing anything at all can feel completely overwhelming. Take it one

baby step at a time and do what you can. Give yourself plenty of compassion and grace as you move through the healing process and see if you can get some help and support for chores or grocery shopping from family or friends. Any changes you make count and will be starting to move you in the right direction.

QUESTION: I am very sensitive to all supplements. What should I do?

ANSWER: You can focus on using healing foods that feel ok for you to start moving forward. A lot of progress can be made simply by removing the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods, in addition to bringing in a lot more fruits and vegetables. Try making fruits and vegetables the base for every meal and snack, with many of them being just fruits and vegetables, like fruit smoothies, snacks of chopped fruit and celery sticks, big leafy green salads with fruit and avocado, vegetable soups, and so on. If and when you wish, you can try very small amounts of some of the supplements that could be helpful. For example, small amounts of the supplements listed at <http://www.medicalmedium.com/blog/are-supplements-necessary>. You could consider trying one drop of the B12 with adenosylcobalamin and/or the liquid zinc sulfate. Over time you can very slowly add more. It's helpful if you are very sensitive to work with a health practitioner who can help you tweak and adjust your diet and supplements.

The past Q&A below about allergies may also be helpful to read:

QUESTION: I can't tolerate most of the healing fruits and vegetables recommended. What should I eat?

ANSWER: When someone thinks they don't tolerate certain healing foods, usually it's because they feel discomfort or symptoms of some kind after they consume it. This doesn't necessarily mean you have an intolerance to the healing food, but rather that you have sensitive nerves and other health conditions that you feel when you eat the very foods that bring healing to the body. Anthony discussed food allergies and sensitivities in detail in his recent radio show which you can find here: <https://soundcloud.com/medicalmedium/healing-from-allergies>. I highly recommend listening to it a few times over as it contains so much new information that he brings to light for the first time. If you are eating healing foods but are feeling too much discomfort, you can reduce the amount of them you eat, or leave certain ones out entirely for now, bringing them back in again later as you heal. Some symptoms and discomfort is normal and expected as you change your diet and supplements and heal, especially if you have particularly sensitive nerves and so many people do. But this experience is different for everyone and has to be adjusted individually. If you are too uncomfortable or symptomatic, you can focus just on the healing foods that do feel comfortable enough for you and take it very slow. These foods will be different for everyone. Some of the foods that often feel best for very sensitive people include mango, papaya, cucumber, celery, lettuce, pear, potato, sweet potato, and wild blueberries. It's ok to just eat a few simple foods that feel most comfortable to you for a short time, just try to get some fruit and greens in. You can also just include small amounts of many healing foods and over time increase the amount of them you eat as your body adjust and heals. It's also important to do your best to keep the Foods Not To Eat from the Medical Medium book out of your diet. I know it's not always easy, but if you're including them, you will likely be experiencing symptoms from them because they contribute to illness, which can influence your understanding of whether it's the healing foods or other foods still in your diet that are causing your symptoms.

QUESTION: What causes scoliosis and how can I prevent it from worsening?

ANSWER: Scoliosis is caused from heavy metal toxicity. It's critical to consume the five foods required to detoxify heavy metals from the body daily. This can help prevent the condition from worsening as you age. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To

Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies.

QUESTION: How important is exercise to healing? How much?

ANSWER: Anthony discusses the importance of movement and exercise in The Healing Path, which you can access for free at <http://www.medicalmedium.com/healingpath>. Movement is critical for healing, but it doesn't have to be vigorous exercise or even gentle exercise if we are bedridden. There's other ways to be moving which he explains in The Healing Path. If you are able to do some physical movement, then some gentle exercise daily is ideal. A very gentle and supportive option for chronic illness is the Pocket Gym system which you can find at <http://pocketgym.com/>. It helps to keep the muscles active with simple, no impact movement that most people of any age can do. Walking is one of the best and most therapeutic forms of exercise we can do. Riding a bike is also wonderful. If you're able, jumping on a rebounder (mini-trampoline) is fantastic for supporting detoxification. This model is particularly excellent for safety, sturdiness, and lymphatic system health - <http://amzn.to/2kXGaXX>. How much exercise to do is different for everyone based on their health conditions, physical ability, and time available. Even 15-20 minutes a day is a powerful support for health. If you feel healthy and have the time, you can walk for up to 1 hour a day, or even more. It's best to choose gentler exercises while healing versus doing long runs or strenuous workouts.

QUESTION: What is the cause of cherry angiomas?

ANSWER: Cherry angiomas can result from a liver that has become sluggish and overburdened from a virus in the human herpes virus family. It's essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also critical to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. If you are willing, a period of time without any or very minimal fat, like in the 28-day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver> is also relevant. Some of the most helpful foods for cherry angiomas include asparagus, artichokes, radishes and their greens, wild blueberries, bananas, grapes, lemons, limes, celery juice, pears, grapes, spinach, kale, potatoes, sprouts and microgreens. Helpful supplements you can consider include licorice root, red clover blossom tea, chaga extract, nettle leaf, lemon balm, Cat's Claw, Hawaiian spirulina, and barley grass juice powder. You can find Anthony's preferred sources for these supplements at www.medicalmedium.com/preferred/supplements.

QUESTION: I find I sleep poorly and/or my symptoms get worse when there's a full moon. Why would that happen?

ANSWER: Similar to what I covered in the answer for Seasonal Affective Disorder, there are certain outside influences that can intensify the symptoms of a sensitive person, including the full moon. However, it's not the outside influences themselves that cause the symptoms. There are pre-existing underlying health issues that are there for other reasons (read about The Unforgiving Four in Life-Changing Foods) which someone can feel more strongly in the face of outside shifts in weather, habits, the moon, and more. The moon has a subtle gravitational pull which is strongest during a full moon. If you are already very sensitive, you may feel the effects of this gravitational pull with some insomnia or worsening of your symptoms. It's especially important to take great care of yourself and your loved ones who are sensitive during this time. Adrenal grazing every 2 hours as described in the book Medical Medium is critical. Consuming some glucose and mineral salts before bed can also be very instrumental in helping your brain and body to settle into sleep and perform its normal functions

overnight. Coconut water is especially helpful and can be sipped throughout the night if you are struggling to sleep. Mango before bed is an incredible sleep aid. Steamed or baked Japanese sweet potatoes with some avocado can also be extremely helpful. Other good choices include papaya, pear, raw honey, and steamed regular potatoes. Raw honey on top of steamed potatoes is very comforting! You can eat these foods alone or with some celery. Full moon nights are also a great time to pray to the Angel of Sleep for her help. She can be there for you to help you get the best sleep you can. Even if you still sleep poorly, she would have been there helping it to be the best it can be. Helpful supplements can include melatonin, Pharma GABA, magnesium threonate (Neuro Mag), magnesium glycinate, lemon balm tea, raspberry leaf tea, ginger tea, and kava kava. You can find Anthony's preferred sources for these supplements at www.medicalmedium.com/preferred/supplements. These nights are also a great time to get off technology, dim the lights, diffuse some lavender essential oil, and allow for extra relaxation before bedtime to prepare yourself for an easier transition into sleep. Keeping your diet especially clean and free from the Foods Not To Eat around full moons is also important.

QUESTION: What is the cause of Sensory Processing Disorder?

ANSWER: Sensory Processing Disorder is caused from heavy metal toxicity. It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. There are other foods listed in Life-Changing Foods that are helpful to include, like radish greens, parsley, and more.

QUESTION: What is the root cause of Alzheimer's disease?

ANSWER: Alzheimer's disease is caused from heavy metal toxicity, most commonly mercury poisoning. It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. You can use these same strategies now to help prevent Alzheimer's later in life. There are other foods listed in Life-Changing Foods for Alzheimer's that are helpful to include, like radish greens, parsley, and more.

QUESTION: What is the cause of sarcoidosis?

ANSWER: Sarcoidosis is caused by Epstein-Barr virus. It's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for breast cancer and EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28-day Cleanse in the book Medical Medium would be wonderful to consider doing.

QUESTION: What causes excess mucus production?

ANSWER: When it's not due to a common cold or flu, excess mucus production can many times be caused by a streptococcus infection. It's critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. You can refer to the healing foods in Life-Changing Foods for streptococcus. You can also learn more about streptococcus in the radio show at <https://soundcloud.com/medicalmedium/streptococcus-revealed>

MMMO Q&A MARCH 2017

QUESTION: What causes children to have growing pains?

ANSWER: Children's growing pains can result from a number of different factors. A child may experience bone pain when they go through a sudden growth spurt. Or they may have juvenile Rheumatoid Arthritis, which is caused by Epstein-Barr virus. When children go through hormonal changes as they develop into young adults they can also experience "growing pains" as the flooding hormones can feed viruses that may be in their system. The information provided in Anthony's Children's Health radio show (<https://soundcloud.com/medicalmedium/childrens-health>) regarding deficiencies is a good place to start for children with growing pains. Cleaning up your child's diet is highly important. You can remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and bring as many fruits and vegetables as possible into their diet. You can also take the EBV chapter of Anthony's book Medical Medium to your health practitioner and ask them for help in getting the correct dosages for your child for some supplements to heal EBV, along with feeding your child the antiviral foods listed there.

QUESTION: What is the cause of Narcolepsy?

ANSWER: Narcolepsy can develop from toxic heavy metals that are stored in the brain. As the metals oxidize, there is a runoff and the metals in the brain can move causing further inflammation. Or the metals can simply continue to build up in the in the brain, cerebrum and central nervous system over time. Both of these situations can result in narcolepsy, and there is often an underlying viral infection too where the viruses feed off the heavy metals and worsen the condition. For this condition, it's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address that possible issue too. The EBV protocol from Anthony's book Medical Medium offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from Life-Changing Foods.

QUESTION: Is the zinc taste test an accurate way to detect if someone has a zinc deficiency?

ANSWER: No, the zinc taste test is not an accurate testing procedure. The taste of zinc can be altered dramatically by the foods and drinks someone has recently consumed and other fluctuating factors like the condition of their health and more. Almost everyone today is zinc deficient so it's best to consider supplementing with the right kind of zinc regularly. You can find Anthony's preferred zinc at www.medicalmedium.com/preferred/supplements.

QUESTION: Can you call on the Unknown Angels and the other Angels too much? I ask for help all day throughout the day and at every meal I ask for help from the Angel of Enrichment. Am I being

selfish? Is there someone who needs their help more and I'm pulling them away from other places they need to be?

ANSWER: You can ask the Angels for their help as much as you wish to and need to. The Angels want to hear from you and be there for you. Asking for help for ourselves is great and we can do it freely without concern. It's also important to ask for help for others in need. As we are all aware, there are many people experiencing all kinds of hardships and struggles in their lives and the more we can ask for help for them also, the better. You can consider bringing others into your requests for help when you are asking for yourself and making it a part of your daily routine if you wish to support others more.

QUESTION: Are infrared saunas helpful? What temperature is ideal and which model is the best?

ANSWER: Yes, infrared saunas can be very helpful for many people. Anthony writes the following about them in his first book Medical Medium:

“Another device that's surprisingly useful for detox is an infrared sauna, which emits infrared light on your skin for the purpose of healing. Its rays deeply penetrate your body, providing benefits such as increased blood flow and oxygenation of the blood, removal of toxins from the skin, elimination of aches and pains, and an immune system boost. You can typically find an infrared sauna at local gyms, massage therapy centers, and/or sauna centers. Use it for 15-20 minute sessions twice a week. If done right, you should feel an immediate change for the better after each session.”

Infrared saunas are a great detox support tool but if you have itchy skin conditions, migraines, or have an especially sensitive nervous system, you may wish to skip them for now or only use them at lower temperatures. The healthy temperature range for an infrared sauna is generally from 100 degrees Fahrenheit for someone sensitive up to 140 degrees Fahrenheit at maximum for someone who isn't sensitive. A really high quality sauna can be found online at <http://amzn.to/2m2qfK0>.

QUESTION: What is the cause of kidney stones?

ANSWER: Kidney stones are essentially calcium and protein stones which have formed from an overabundance of protein in the diet that the body hasn't been able to break down. The kidney stones will keep forming unless the person who has them changes their diet to address them. When someone has kidney stones, it also means they have liver and gallbladder stones. Liver stones make digestion more difficult. It's important to focus on dissolving the stones through diet and supplements and building up hydrochloric acid with 16oz of pure celery juice daily as described at www.medicalmedium.com/blog/celery-juice. Celery juice is also an amazing liver and kidney tonic. Some great foods that help dissolve kidney stones include lemon, lime, oranges, grapefruits, peaches, nectarines, plums, pineapples, and melons. Eat some of these fruits daily and be sure to drink plenty of lemon and lime in water throughout the day and upon waking (15-50 minutes before celery juice is ideal). It's also very important to reduce animal protein in your diet to help make sure more kidney stones aren't being created. Consider cutting your animal protein down to once a day at most while you are dissolving the stones and healing your kidneys, gallbladder and liver.

QUESTION: A lot of questions are being asked that Anthony William has already answered in a book or radio show. How can someone find out if Anthony has already covered a topic or condition?

ANSWER: We put out a tremendous amount of information every week to help you get the information that can help you and your loved ones heal.

a. There is so much information in Anthony's two books Medical Medium and Life-Changing Foods that it can be easy to miss topics he has already discussed. You can use the contents page and the index to reference what he has covered. If you have a digital version of the book, you can use the search function to look for the topic or condition you are interested in. I find many people like to have

a digital copy to carry on the go and to search for topics of interest as well as a hard copy for the reading experience. This also makes finding topics easier.

b. There is a wealth of information on the Medical Medium blog and we add new content every week. There's in-depth articles, radio show episodes, recipes (some of which have videos and can also be found on YouTube), information on healing foods, supplements, and practices, and more. You can go to www.medicalmedium.com/medical-medium-blog and use the search function to find what you're looking for. The search function is only available on a computer, not on the phone.

c. While some of Anthony's radio shows can be found on our blog, and more are being added with accompanying articles, you can find all of them on the Hay House Radio website at <http://bit.ly/1KnExeh>. Once you're on this web page, you simply scroll down to see the "More Episodes with Anthony William" and use the "Next Page" button to navigate through all the previous radio show topics.

d. You can also find a great deal of topics covered here in the Official Members group in the FAQs. To search for older FAQs, you can search for the term "ANSWERS TO FREQUENTLY ASKED QUESTIONS" in the search bar in the facebook group at the top right of the group. There are many months worth of questions and answers and many of the questions asked here each week have already been answered previously in older FAQs.

e. If you haven't already signed up for and completed the free Healing Path program, there is much you can learn there, including answers to common questions and information on the key steps for healing. You can get your free access at <http://www.medicalmedium.com/healingpath>.

f. If you are looking for the best source of a supplement Anthony William has mentioned or suggested, or other kitchen and lifestyle product preferences, you can find a list of his preferred brands and products at www.medicalmedium.com/preferred/supplements.

g. Finally, if you're not already subscribed to the Medical Medium weekly email, you can sign up for free at <http://www.medicalmedium.com/free-healing-secrets>. This is the best way to stay aware of Medical Medium news, new learning opportunities, articles, recipes, and more.

It's helpful to get as familiar as you can with these resources so you can find many of the answers you're looking for in just a few minutes.

QUESTION: What is the cause of Brachioradialis Pruritus?

ANSWER: Brachioradialis Pruritus is caused by an undiscovered non-rashing variety of shingles. The nerve endings are aggravated by the shingles virus and then as someone scratches the area, the scratching can result in sores and a rash. It's important to follow the Shingles protocol Anthony outlines in his first book Medical Medium. It's critical to remove the Foods Not To Eat and Foods To Avoid in Anthony's two books from your diet completely for shingles. You can replace these foods by significantly increasing fruits, vegetables, and leafy greens as they have the healing properties that can help you recover from shingles. If you can, significantly lowering or temporarily eliminating animal foods completely will be a huge help in your healing process. The 28-day Healing Cleanse in the book Medical Medium would be helpful to consider. Some of the most helpful supplements include vitamin C, L-lysine, zinc, Cat's Claw, sovereign silver, licorice root, lemon balm, alpha lipoic acid, B12 with adenosylcobalamin, propolis, and nettle leaf. You can find preferred suppliers of many of the healing supplements mentioned in the book and here at www.medicalmedium.com/preferred/supplements.

QUESTION: What is the cause of vasculitis?

ANSWER: Vasculitis, which is the label medical communities used to describe inflammation of the blood vessels, is caused by a viral infection from within the herpes family, which includes the viruses EBV, shingles, cytomegalovirus, herpes simplex 1 and 2, HHV6, HHV7, HSV8, HSV9, HHV10, HHV11, and HHV12, some of which aren't yet discovered. Anthony's upcoming radio show on The Herpes Family, which you can find at <http://bit.ly/1KnExeh>, will be very helpful if you or a loved one have vasculitis. Following the protocol for EBV and shingles in Anthony's books Medical Medium and Life-Changing Foods will be helpful for vasculitis caused by any of these viruses. It's also critical to remove the Foods Not To Eat and Foods To Avoid covered in Anthony's two books from your diet to facilitate healing from the virus. The 28-day Healing Cleanse in the book Medical Medium could be very helpful.

QUESTION: What is the cause of Pulmonary Fibrosis?

ANSWER: Pulmonary Fibrosis is a result of the Epstein-Barr virus and its best buddy co-factor antibiotic-resistant streptococcus. It's critical to follow the EBV protocol in Anthony's book Medical Medium and the streptococcus protocol detailed in the radio show and article on the blog at <http://www.medicalmedium.com/blog/streptococcus-revealed>. It's vital to keep all eggs, dairy, pork, and wheat out of the diet (you can refer to the Foods Not To Eat and Foods To Avoid in Anthony's two books), and significantly increase fruits, vegetables, and leafy greens as they have the healing properties that can fight EBV and strep. If you can also lower animal foods overall temporarily, it can help speed up the healing process. You can find preferred suppliers of many of the healing supplements mentioned in the book and radio show at www.medicalmedium.com/preferred/supplements.

QUESTION: Can supplements cause the liver to be overburdened and slow down healing?

ANSWER: If you are taking high quality supplements that are truly health-supporting, they will not burden the liver or any other part of your body. In fact, they will do the opposite and help to strengthen and support your organs and entire body. The right supplements with clean ingredients taken for the right conditions can be life-changing. Some of the supplements from good sources that Anthony prefers can be found at www.medicalmedium.com/preferred/supplements. Anthony's radio show and article on 'Are Supplements Necessary?' explains more on this topic and why supplements are helpful, not harmful.

QUESTION: Why is EBV the cause of just about every disorder? The medical profession appear to be totally unaware of this connection. Is there a reliable method for testing whether you have EBV?

ANSWER: EBV is the unknown root cause of many conditions and symptoms, however it's not the cause of every disorder. There are other factors that can be the cause of health issues including other viruses like the shingles virus, heavy metal toxicity, pesticide toxicity, MSG toxicity, radiation, bacterial infections, and more. Anthony shares an overview of these possible causes and factors, which he terms The Unforgiving Four, in his book Life-Changing Foods - <http://amzn.to/1T5KZu7>. In Anthony's new book that is due for release this November, he discusses EBV in much greater detail than ever before, along with the reasons why medical communities haven't made the connection, which is partly due to inaccurate and limited testing techniques and not knowing how the virus has evolved and mutated. None of the currently available testing methods can provide a 100% accurate answer unfortunately so it's best to consider if you or a loved one has EBV by your symptoms as described in the Medical Medium book - <http://amzn.to/1VsZ4Qr> - and in the Epstein-Barr Revealed radio show - www.medicalmedium.com/blog/epstein-barr-virus-revealed.

MMMO Q&A APRIL 2017

QUESTION: What is the cause of Pyrrole disorder (also known as pyroluria, kryptopyroluria, kryptopyrole or Mauve disorder)?

ANSWER: Like for all mystery illnesses, the currently available information on Pyrrole disorder is conflicting, confusing, and incorrect. Most of the symptoms commonly associated with Pyrrole disorder come from heavy metal poisoning and/or oftentimes the neurotoxins from an underlying viral infection. It is commonly believed that people suffering with Pyrrole disorder have vitamin and mineral deficiencies that cause the condition. While deficiencies are not the root cause of Pyrrole disorder, it is true that someone with this condition will have one or more deficiencies because everyone has at least one deficiency today whether they have Pyrrole disorder or not. Everyone has different deficiencies and to different degrees, which is one reason why healing foods, like those Anthony shares in the book *Life-Changing Foods*, and supplements are so necessary. Learn more about why supplements are important at <http://www.medicalmedium.com/blog/are-supplements-necessary>. For Pyrrole disorder, it's very important to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book *Medical Medium* and the Foods To Avoid from the book *Life-Changing Foods* and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. There are other foods listed in *Life-Changing Foods* for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address a possible viral issue too. The EBV protocol from Anthony's book *Medical Medium* offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from *Life-Changing Foods*.

QUESTION: In the Environmental Illness radio show, Anthony talks about toxins in the air unknowingly affecting people's health. Is there a recommended air filter for air purification?

ANSWER: Anthony's preferred air filter is the IQ Air. This air filter is an incredibly effective machine that can really help filter toxins you may be exposed to in the air. You can find this air filter at <http://amzn.to/2peockd>. If you're looking for a lower priced option that is still helpful, a basic HEPA air filter like this one - <http://amzn.to/2pcs8oe> - can also be helpful.

QUESTION: Is there enough protein on the 28-day Healing Cleanse or if my diet is mostly fruits and vegetables?

ANSWER: Fruits, vegetables and leafy greens contain plenty of the most bioavailable and helpful forms of protein. This information is helpful to know for anyone who is concerned they won't get enough protein if they reduce their animal protein, say to once a day, to allow space for more of the healing fruits, vegetables, and leafy greens, like those mentioned in *Life-Changing Foods*. When someone physically feels symptoms like weakness and fatigue when they are eating a diet of all or mostly fruits, leafy greens, and vegetables, they may think it's because they aren't eating enough protein. In actuality, what's really happening is that they aren't getting enough calories and aren't eating often enough (every 2 hours at least) and this can leave someone feeling weak and tired. It's not a lack of protein, but a lack of calories. What frequently happens when someone moves from a diet high in animal foods or processed foods, which are naturally high in calories, to a more plant based diet, is that they don't increase the volume of food they are eating. But the volume of plant foods needed to match the calories in a piece of steak or a few eggs for example is vastly different. Plant foods are much lower in calories so a greater volume of food needs to be eaten. A small salad will not be sufficient at replacing the calories in a meal of chicken breast and broccoli. If you don't eat enough calories when you eat a more plant-based diet, you will likely feel symptoms from the large drop in calories. Again, this is not a protein deficiency issue but a calorie issue. If you follow the 28-day Healing Cleanse or eat primarily fresh fruit, leafy greens and vegetables, put your focus on eating enough calories, including enough leafy greens (see the Healing Path free course to learn more about

these wonderful foods - <http://www.medicalmedium.com/healingpath>), along with snacking every 1.5 to 2 hours, and you will be consuming sufficient calories and protein. It is important to note that the current thinking that someone must consume a range of different plant foods together, like beans, grains, and leafy greens, at one meal in order to get a “complete protein” is misinformation. Every fruit, vegetable, and leafy green already contains protein in exactly the form the body needs it and can best receive it. It’s great to eat a variety of these foods for different nutrients, but it’s not necessary to do so for a “complete protein”.

QUESTION: What causes motion sickness?

ANSWER: Motion sickness is caused by the vagus nerve becoming sensitized from toxic heavy metals in the body and an underlying low grade Epstein-Barr virus infection. Oftentimes, people find that symptoms that might have been labelled as motion sickness at one point earlier in life worsen later in life and get called something else. This is because the EBV in someone’s system can gain a stronger hold as it feeds on the foods it likes over time or new varieties might be contracted. Plus, someone may also be exposed to more and new toxic heavy metals or experience oxidization and run off of the metals they already have in their system, all of which can further aggravate the vagus nerve. Earlier in life these people may have had a low level of symptoms that they attributed to motion sickness or some anxiety but later became far more pronounced. However, the root cause was the same all along.

QUESTION: Is it ok to eat a vegan diet while pregnant? I prefer to eat that way but want to make sure it’s ok.

ANSWER: If it’s your preference to eat a vegan diet, you can certainly do that while pregnant. During pregnancy, no matter what diet you choose to eat, it’s critical to ensure you get enough calories each day and also bring in fruits, vegetables and leafy greens. If you can’t stomach the thought of leafy greens during your first trimester, you can just bring them in when you can. Great foods for pregnant women to eat include bananas, dates, mangos, papayas, avocados, grapes, cherries, wild blueberries, raspberries, blackberries, cranberries, apples, pears, tomatoes, cucumbers, bell peppers, oranges, dried and fresh apricots and figs, raisins, potatoes, sweet potatoes, winter squashes, celery, fennel, lettuces, spinach, sprouts, microgreens, kale, cauliflower, broccoli, zucchini, asparagus, artichokes, hemp seeds, pumpkin seeds, sunflower seeds, sesame seeds, walnuts, almonds, pistachios, pecans, black beans, quinoa, millet, brown rice, gluten-free oats, raw honey, and more. As long as you eat abundantly, usually more than you might think, plant foods are wonderful for during pregnancy. It’s also important to snack every 1 to 1.5 hours while pregnant to nourish your adrenals in preparation for the adrenaline and cortisol flooding that happens when a woman gives birth to her baby.

QUESTION: What is the quickest way to reduce inflammation in the body?

ANSWER: There are many ways to bring down inflammation in the body but the first step would be to stop consuming the problematic foods and substances which feed viruses and bacteria and prevent healing from The Unforgiving Four (you can read about The Unforgiving Four in Anthony’s book Life-Changing Foods.) This includes eggs, dairy, pork, corn, soy, canola oil, and wheat, MSG, aspartame, and more. You can read about these foods and substances to avoid in Anthony’s first book Medical Medium. The second step would be to add in healing, anti-inflammatory, alkalizing foods, especially juices like celery juice, cucumber juice, turmeric and ginger juice, and/or a combination juice of celery, cucumber, spinach, parsley, and lemon. You could also bring in the Spinach Soup Anthony talks about in the 28-day Healing Cleanse in the Medical Medium book and the Heavy Metal Detox Smoothie www.medicalmedium.com/blog/heavy-metal-detox-smoothie. The 28-day Healing Cleanse is excellent for helping to reducing inflammation. Drinking as much lemon and/or lime water as possible is helpful, as is ginger tea or ginger and turmeric tea.

QUESTION: What is the cause of interstitial cystitis?

ANSWER: Interstitial cystitis is caused by an old streptococcus infection someone has probably had for a long time. Over time the streptococcus bacteria can create some scar tissue in the bladder, which causes the interstitial cystitis. The streptococcus also makes the nerves in the bladder sensitive and you can experience burning and urinary frequency. To begin healing, the area with scar tissue in the bladders needs to be addressed. Drinking aloe water daily as described on the blog at <http://www.medicalmedium.com/blog/aloe-water> could be very helpful. It's also important to address the problem with antibacterial foods and to consider antibacterial supplements and herbs. In the Streptococcus radio show, Anthony provides suggestions for what to consider including. You can listen to the show at <http://www.medicalmedium.com/blog/streptococcus-revealed> and find the supplements Anthony mentions at www.medicalmedium.com/preferred/supplements. It's also critical to remove dairy, eggs, and wheat from your diet to allow healing to begin.

QUESTION: I imagine it's best to avoid canola, corn, cottonseed, and palm oils, but are any of these oils healthy choices: avocado, grape seed, pumpkin seed, safflower, sesame, sunflower, walnut oils?

ANSWER: You are correct on the oils which are best avoided. It's also best to avoid safflower oil and use grapeseed oil and sunflower oil sparingly, if at all. The best choices are cold pressed extra virgin olive oil, avocado oil, and coconut oil, followed by pumpkin seed oil, sesame oil, and walnut oil. These last three oils can go rancid quickly also so using oil that's as fresh as possible is best, or better still would be to eat the seeds and nuts themselves.

QUESTION: What is the cause of endometriosis?

ANSWER: Endometriosis is caused by the Epstein-Barr virus. It's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28-day Cleanse in the book Medical Medium would be wonderful to consider doing, possibly for an extended period. You can find the preferred sources for the supplements suggested in the books at <http://www.medicalmedium.com/preferred/supplements>.

MMMO Q&A MAY 2017

QUESTION: What causes problems with urinary frequency and incontinence?

ANSWER: Urinary frequency and incontinence can be caused by either an old streptococcus infection or a viral injury that has made the nerves in the bladder sensitive, resulting in the urinary frequency and/or incontinence. It's important to address the problem with antibacterial and antiviral foods and to consider antibacterial and antiviral supplements and herbs. In the EBV chapter of Anthony's book Medical Medium, he outlines the best foods, supplements and herbs to consider including to target viral issues. He goes into even greater depth and detail on EBV in his new book Thyroid Healing, which is now available for pre-order at <http://amzn.to/2mfPiJ0>. He also provides suggestions for how to address a streptococcus infection in his radio show at <http://www.medicalmedium.com/blog/streptococcus-revealed>. It's also critical to remove dairy, eggs, and wheat from your diet to allow healing to begin. Drinking aloe water daily as described on the blog at <http://www.medicalmedium.com/blog/aloe-water> could also be very helpful.

QUESTION: In the Skin, Hair, and Nails radio show, Anthony suggests incorporating hemp seeds, walnuts, and pumpkin seeds into one's diet for omega 3s. He also mentions the importance of keeping protein and fat intake down to protect the liver. What is the ideal serving each day for these nuts and seeds for a good amount of omegas without overburdening the liver?

ANSWER: These nuts and seeds provide nutrients and other healing properties that are helpful for many health issues, however a little goes a long way. Nuts and seeds are very dense foods and should

be treated as a topping or condiment versus being the main focus of a meal or snack. Just a few nuts like walnuts or one tablespoon of seeds per day or a few times a week is enough when you are also trying to keep fats low to support your liver to heal. Leafy greens also contain essential omega 3 nutrients so eating plenty of leafy greens daily is very important. This is where you get your best sources of omega 3s and if you don't want to or can't eat nuts and seeds, leafy greens can provide the omega 3s you need. The best strategy for liver health and overall health is to focus as much as possible on eating abundant amounts of fresh fruits, leafy greens and vegetables (raw and cooked) for your meals and snacks and use your fats of choice more sparingly. If you are healthy, pregnant, breastfeeding, or it's for teenagers or children, you can enjoy some more if you wish.

QUESTION: What is the cause of restless legs syndrome?

ANSWER: Restless legs is a neurological symptom caused by high levels of toxic heavy metals and a high viral load in the body affecting the nervous system. This is unknown by medical science and research. For this condition, it's very important to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a high protein and high fat diet you can reduce your fat intake by 50% (for example to one meal with animal protein per day) and increase your fruits and veggies to keep your calories sufficient. If you're plant based you can reduce your plant fats by 50% (for example by minimizing oils and reducing nuts and seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address the viral load in the brain also. The EBV and Shingles protocols from Anthony's book Medical Medium offer excellent antiviral regimens and you can also add in the healing foods for viral conditions from Life-Changing Foods. Anthony's new book Thyroid Healing covers EBV in-depth - <http://amzn.to/2mfPiJ0>.

QUESTION: I know all the Healing Tea recipes in the book Medical Medium are helpful. Can I drink them all in one day? How are they best used?

ANSWER: You can drink all the teas in one day, however it's not necessary and for some people who are very sensitive, it could be best to not drink so many at once. You can try drinking two or more of them all in one day (either mixed together or as separate blends as per their recipe) if you aren't very sensitive. Alternatively, you can drink one of the Healing Tea blends for a few weeks or months and then change to a different one. You will get the greatest benefits from the teas if you drink them daily or as often as possible for a period of time, versus having a Healing Tea recipe just once or twice a week. But any of the teas you can include at any time will still be helpful and it all counts in helping you move forward with healing.

QUESTION: What is the cause of the fallopian tube inflammation that can result in ectopic pregnancies?

ANSWER: Ectopic pregnancies result from inflammation in the fallopian tubes blocking the safe passage of the fertilized egg into the uterus. The inflammation that creates this problem can be caused by the Epstein-Barr virus and/or the bacteria streptococcus. It's important to reduce the inflammation in the fallopian tubes by following the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV and streptococcus. It's also important to address the issue with the information on streptococcus in the radio show at <https://soundcloud.com/medicalmedium/streptococcus-revealed>.

It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. This includes eggs, dairy, canola oil, wheat, soy and corn. The 28-day Cleanse in the book Medical Medium would be wonderful to consider doing, perhaps even for an extended time. You can learn more about EBV in Anthony's radio show also at <http://www.medicalmedium.com/.../epstein-barr-virus-revealed>.

QUESTION: What is the cause of Parkinson's disease?

ANSWER: Toxic heavy metals are largely responsible for Parkinson's disease. The heavy metals oxidize and run, damaging surrounding areas and creating inflammation. They also move simply from the natural movement in our bodies of blood and spinal fluid and from the runoff mentioned above. This movement creates the shakes that are commonly attributed to Parkinson's. These heavy metals themselves are neurotoxins (poisons that disrupt nerve function and confuse your immune system), but someone with Parkinson's will also have a virus that is feeding on these toxic heavy metals and releasing its own neurotoxins. For Parkinson's, it's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a high protein and high fat diet you can reduce your fat intake by 50% (for example to one meal with animal protein per day) and increase your fruits and veggies to keep your calories sufficient. If you're plant based you can reduce your plant fats by 50% (for example by minimizing oils and reducing nuts and seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address the viral component also. The EBV protocol from Anthony's book Medical Medium offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from Life-Changing Foods. Wild blueberries, chaga, asparagus, berries, figs, mango, melons and coconut are all great foods to include along with the critical daily heavy metal detox foods.

QUESTION: Is there such a thing as eating too much fruit in any given day according to Anthony?

ANSWER: As Anthony shares in the Fruit Fear chapter of his book Medical Medium (www.medicalmedium.com/book), fruit is the most important group of food to bring into your diet for healing, followed closely by leafy greens and vegetables which are also essential. You can eat fruit abundantly and to your heart's content over your day in many cases. There is no amount that is too much unless you were eating so much fruit that you made yourself feel sick from simply consuming too much at once, but this is extremely rare. Most people don't eat enough fruit, even when they think they are or when they're trying to eat more of it. They might eat an apple and/or a banana a day as a snack and some blueberries in a blueberry muffin. The one time that you can eat too much fruit is if your diet is high in fat. A high fat diet, which is typically a high protein diet, prevents the essential glucose in fruits that your body and brain needs to run properly from getting to where it needs to go to fuel, nourish and heal you. A high fat diet also means your blood will be less oxygenated, and a low oxygen environment allows viruses and bacteria to thrive and proliferate, resulting in many of the symptoms people are suffering with. It also slows detoxification, which hinders healing by preventing viruses, bacteria, toxins, and heavy metals from easily leaving the body. If someone is eating a high fat diet, it would be best for their healing if they reduced the fat in the diet and brought in more fruits (and leafy greens and vegetables) as they are so critical for healing. However, if someone is adamant that they don't want to reduce their fat, they would not be able to eat fruit and other healthy, beneficial carbohydrates as abundantly. This is because high amounts of sugar (even the healthy kind in fruits and carbohydrate-rich vegetables such as sweet potatoes) and fat eaten together burden the liver and can lead to insulin resistance if the liver isn't working very well, which is common for

someone who has been eating a high fat and high protein diet for some time. A low to moderate amount of fruits and carbohydrates would be necessary in this instance, however the person would be missing out on the critical nutrients and healing properties of fruits. If you eat a vegan diet and are eating a lot of nuts, seeds, oils, or avocados (or eggs or dairy if you're vegetarian), you'll also need to minimize fruit. In short, if you are eating a higher fat diet, you need to minimize fruit. Whether you are eating a diet with animal or plant fats, the goal is to lower your fat intake so you can enjoy fruits to your heart's content and receive their endless healing benefits. You can try reducing your fat intake by 25-50% for example and bring in more fruits. For example, eating animal protein once a day versus three times a day, cutting out or minimizing oils, and reducing nuts and seeds to just a couple of tablespoons per day instead of a cup or more. If your favorite diet is eating large amounts of higher fat animal protein or if you're a vegan who loves to eat lots of fats and oils, then don't be discouraged. Try to eat some more of the fruits that are lower in glucose like wild blueberries, other berries and apples daily. Some of these fruits every day won't conflict with the fats in your diet as much. The intent is to eventually bring in a variety of delicious, juicy, anti-cancer, anti-viral, anti-bacterial, anti-fungal, and antioxidant-rich fruits that you can enjoy freely.

QUESTION: Are microwaves safe to use?

ANSWER: It is best to avoid using microwaves whenever possible. They do have some negative effects on our health and they denature the nutrient value of the foods we cook in them, which is why it's best to avoid them or limit use. It's especially important to avoid looking into a microwave when it is cooking something and to stand away from while it's in use, ideally ten or more feet away. If a microwave is all you have for cooking, try to bring in more fresh foods like fruits and salads so that less of your diet is based on microwaved meals. The more fruits, leafy greens, and vegetables you bring in, the more you'll protect yourself from the impact of using and eating microwaved foods at other times. It's also helpful to focus on the anti-radiation foods listed in Anthony's book Life-Changing Foods if you are using or exposed to microwave cooking like dulse, kelp and other seaweeds, aloe vera, wild blueberries, other berries, radish greens, cruciferous vegetables, nettle leaf, and more.

QUESTION: When I go out in the sun, I get brown spots/patches on my face. What is the cause of these spots?

ANSWER: These brown spots are liver spots and they are a result of a sluggish or stagnant liver that is overloaded with toxins. When someone with a liver that is filled with toxins goes out into the sun, the sun's powerful healing rays draw toxins from their liver out through the skin. This can result in these brown liver spots. To help your liver, it's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also important to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a high protein diet you can reduce your fat intake by 50% (for example by eating animal protein once a day instead of twice a day and reducing your oil consumption to minimal amounts) and increase your fruits and veggies to keep your calories sufficient. Or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Plant fats include nuts, seeds, oils, olives and avocados. If you are willing, a period of time without any or very minimal fat, like in the 28-day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver> is also very helpful.

QUESTION: In your first book you briefly mention juice and water fasting as a way to speed up healing but only doing it for a day or two. What about longer term juice or water fasting? It's said that people can safely fast on water for 40 days and on juices for 100 days. Is this true?

ANSWER: Everyone is different when it comes to water and juice fasting. If you are sensitive, have a sensitive central nervous system, have a number of symptoms or suffer with chronic illness, fasting of any kind may not be appropriate for you right away. One day of juice fasting on celery, cucumber and

apple juice every 1.5 to 2 hours as Anthony describes in his book *Medical Medium* is the gentlest and most effective way to fast for most people. If you feel strong, you could extend that for another couple of days if you wish provided you are drinking enough juice, the right mix of juice (apple, celery and cucumber), and you're drinking it every 2 hours. Water fasting is best left alone unless you feel quite healthy and strong. Even then, just one day is best for the vast majority of people. The best way to detoxify long term is to eat a clean diet full of the healing foods outlined in *Medical Medium* and *Life-Changing Foods*. The 28-day Healing Cleanse in *Medical Medium* is especially helpful and effective for deep detoxification support that is also gentle on the body. You can do the cleanse for a longer period like a few months or even a year if you wish to. If you have interest in longer fasts, you could consult with your health practitioner as to whether it could be helpful for you.

QUESTION: I have difficulty driving because I feel like I lose my sense of balance and have problems with spatial awareness. Is this a viral issue?

ANSWER: Yes, there is a very good chance that the spatial awareness and loss of balance you're experiencing (and balance issues in general) are caused by an underlying viral infection. This is one of the many varieties of vertigo caused by Epstein-Barr virus. This is unknown to medical communities. It could be very helpful to follow the Epstein-Barr virus protocol from Anthony's book *Medical Medium* and add in the healing foods from *Life-Changing Foods* for EBV. It's also critical to remove the Foods Not To Eat from the book *Medical Medium* and the Foods To Avoid from the book *Life-Changing Foods*. The 28-day Cleanse in the book *Medical Medium* would be wonderful to consider doing, possibly for an extended time if you wish. You can also learn more healing information at <http://www.medicalmedium.com/.../epstein-barr-virus-revealed>. Anthony's new book *Thyroid Healing* contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>.

QUESTION: Can the Heavy Metal Detox smoothie be given to infants and young children?

ANSWER: If a child is already including solid foods, it can be fine to include small amounts of the heavy metal detox foods in a smoothie or another form in their diet. You can find the original recipe for the Heavy Metal Detox Smoothie at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. For young children, just a very small amount of the cilantro, Hawaiian spirulina, barley grass juice extract powder and dulse will be enough. You can include the wild blueberries in larger quantities as desired. Over time, you can increase the amounts of each food a little bit. You can consult with your natural health practitioner on dosages if you'd like.

MMMO Q&A JUNE 2017

QUESTION: What is the cause of dry mouth?

ANSWER: Dry mouth stems from an adrenal issue where one or both of the adrenals may be under or overactive. This can also lead to an imbalance of mineral salts which can further contribute to the symptom of dry mouth. If someone has caught a bug, they may also experience dry mouth during that time and after. It's important to begin properly caring for your adrenal health by applying the grazing method Anthony shares in his book *Medical Medium* where you snack every one to two hours. This helps prevent the adrenals from releasing too much adrenaline that then courses through the body wreaking havoc, feeding viruses and bugs, and more. It's also important to snack on the right foods that properly fuel the body and support the adrenals. The right foods are a mix of natural glucose, potassium and sodium containing foods. You can read more about adrenal health in the books *Medical Medium* and *Life-Changing Foods* and also in the radio show and article at <http://www.medicalmedium.com/blog/adrenal-fatigue>. You can also read more about the epidemic of adrenal fatigue and how to heal it in this article <http://www.medicalmedium.com/blog/adrenal-fatigue-epidemic>. Lastly, we provide some examples of the perfect adrenal health snacks in this video

and blog post <http://www.medicalmedium.com/.../16-snacks-for-adrenal...>. It would also be helpful to consider bringing in the supplement ashwagandha, which you can learn more about at <http://www.medicalmedium.com/blog/ashwagandha> and find Anthony's preferred supplier of this herb at www.medicalmedium.com/preferred/supplements.

QUESTION: What is the bacteria that causes tuberculosis?

ANSWER: Tuberculosis is caused by a bacteria that is a primitive cousin of streptococcus that has now mutated far from its origin. This is unknown to and undiscovered by medical science and research, along with the truth that there are far more varieties of strep than medical communities know. Anthony has brought to light that there are in fact hundreds of mutated strains of strep. While tuberculosis is not caused by strep, but a cousin of strep, it is still helpful to apply the same healing steps one would use to conquer a serious strep infection. You can learn more about some of the healing steps for strep in the radio shows and articles at <http://www.medicalmedium.com/blog/streptococcus-revealed> and <http://www.medicalmedium.com/blog/healing-acne>.

QUESTION: What is the cause of keratosis pilaris?

ANSWER: Keratosis pilaris occurs from having a sluggish or stagnant liver that is overloaded with viruses and their by-products and other toxins. To help your liver, it's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also important to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a high protein diet you can reduce your fat intake by 50% (for example by eating animal protein once a day instead of twice a day or more and reducing your oil consumption to minimal amounts) and increase your fruits and veggies to keep your calories sufficient. Or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Plant fats include nuts, seeds, oils, olives and avocados. If you are willing, a period of time without any or very minimal fat, like in the 28-day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver> is also very helpful. Because there will be a virus that is part of the reason for the sluggish liver, it would be very helpful to follow the Epstein-Barr virus protocol from Anthony's book Medical Medium. You can also add in the healing foods from Life-Changing Foods for EBV and other viruses. Anthony's new book Thyroid Healing contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus or any herpetic virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>.

QUESTION: What is the cause of cervical dystonia?

ANSWER: Toxic heavy metals are largely responsible for cervical dystonia. Someone with cervical dystonia will usually also have a virus that worsens the condition. It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a high protein and high fat diet you can reduce your fat intake by 50% (for example to one meal with animal protein per day) and increase your fruits and veggies to keep your calories sufficient. If you're plant based you can reduce your plant fats by 50% (for example by minimizing oils and reducing nuts and seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address the viral component

also. The EBV protocol from Anthony's book Medical Medium offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from Life-Changing Foods.

QUESTION: If someone has a very weak pancreas or pancreatic cancer, should potatoes and sweet potatoes/squash (starches, in general) be avoided?

ANSWER: On the contrary, starchy vegetables are very helpful for a weak pancreas or pancreatic cancer. As are fresh fruits, leafy greens, and vegetables. These foods should be the mainstay of your diet if you have these pancreas health issues. What is important to lower is how much fat you consume, from both animal food and plant sources. A very low fat diet is essential for managing and recovering pancreatic health. Anthony discusses this in his diabetes radio show, which you can find at <https://soundcloud.com/.../understanding-type-1-type-2...>. Anthony also discusses this in his book Life-Changing Foods on page 44 in the section titled Fruit Fear. The 28-day Healing Cleanse as outlined in Anthony's book Medical Medium could be a great help for someone with pancreatic problems. You may even wish to consider doing it for an extended time. Cooked starchy vegetables like potatoes, sweet potatoes and winter squashes can be enjoyed with dinner meals if desired. Some foods that are especially beneficial for the pancreas include pears, celery juice, artichokes, raspberry leaf tea, radishes, aloe vera and red clover blossom tea.

QUESTION: What is the cause of hyperparathyroidism?

ANSWER: The root cause of hyperparathyroidism is the Epstein Barr virus. This is unknown by medical science and research. Anthony address parathyroid disease, hyperparathyroidism, and the true unknown function of the parathyroid glands and how they work with the thyroid in his upcoming book Thyroid Healing, which is now available for pre-order at the retailers listed here <http://www.medicalmedium.com/thyroid-healing>. This book is packed with brand new information from Anthony that is unknown and undiscovered and I can't recommend it enough. For this condition, it's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28-day Cleanse in the book Medical Medium would be wonderful to consider doing. You can find the preferred sources for the supplements suggested in the books at <http://www.medicalmedium.com/preferred/supplements>.

QUESTION: What is the cause of mouth ulcers?

ANSWER: Mouth ulcers are caused by one of the viruses in the herpes family. Anthony recorded a radio show and has an article on the herpes viruses which you can find at www.medicalmedium.com/blog/herpes-viruses. It could be very helpful to follow the information in that radio show and article and also look into the Epstein-Barr virus protocol, which is also a herpetic virus, from Anthony's book Medical Medium. You can also add in the healing foods from Life-Changing Foods for EBV and herpes. It's also important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. Anthony's new book Thyroid Healing contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus or any herpetic virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>.

QUESTION: What is the cause of achalasia?

ANSWER: It's unknown to medical science and research that achalasia is usually a neurological issue that stems from having an elevated level of heavy metals in the body. These metals also affect the vagus nerve which runs from the brain to the abdomen, causing problems with the opening and closing of esophageal sphincters. In some cases, achalasia can be caused by an injury from a bacteria but it is most often a neurological issue as mentioned above. For this condition, It's very important to consume the five foods required to detoxify heavy metals from the body daily. You can read about the

five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a high protein and high fat diet you can reduce your fat intake by 50% (for example to one meal with animal protein per day) and increase your fruits and veggies to keep your calories sufficient. If you're plant based you can reduce your plant fats by 50% (for example by minimizing oils and reducing nuts and seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more.

QUESTION: How can someone address an MRSA infection?

ANSWER: In Anthony's book Life-Changing Foods, he lists several powerfully healing foods that can help address an MRSA infection. These foods include rosemary, aloe vera (try aloe water daily - <http://www.medicalmedium.com/blog/aloe-water>), raw honey, garlic, and rose hips. You can read about these foods in the book and how to incorporate them. Anthony also recorded a radio show and has an article on healing from a bacterial infection from streptococcus which is also relevant to MRSA. It would be helpful to apply the information given there if you are dealing with MRSA - <http://www.medicalmedium.com/blog/streptococcus-revealed>. It's also important to maintain a clean diet to support your body to heal, kill off the bacteria and also avoid further feeding of the bacteria. It's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods in particular.

QUESTION: What is the best natural method of trying to prevent mosquito bites?

ANSWER: The safest and most natural way to help prevent bites as much as possible is to apply a light coat of a healthy oil like olive oil or coconut oil on your skin. You can also add just a little touch of rosemary essential oil mixed into your oil if you wish but it's not necessary. The oil is the most important part.

QUESTION: What is the cause of deep vein thrombosis (DVT)?

ANSWER: DVT is caused by a liver that is sluggish or stagnant due to an overload of toxins. To help your liver, it's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also important to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a high protein diet you can reduce your fat intake by 50% (for example by eating animal protein once a day instead of twice a day and reducing your oil consumption to minimal amounts) and increase your fruits and veggies to keep your calories sufficient. Or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Plant fats include nuts, seeds, oils, olives and avocados. If you are willing, a period of time without any or very minimal fat, like in the 28-day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver> is also very helpful.

QUESTION: What are some good supplements to help with pain relief while I'm healing?

ANSWER: Some of the best supplements to consider or talk with your natural health practitioner about for pain management include curcumin, turmeric, nettle leaf and California poppy. Lemon balm and passionflower are also very helpful aids in calming and soothing the stress experiencing chronic pain can cause. It's also very important to cut out the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods to help prevent worsening and

inflaming the area experiencing pain and the root cause of the pain. You can find these supplements at the link <http://www.medicalmedium.com/preferred/supplements>.

MMMO Q&A JULY 2017

QUESTION: What can be done to help osteoporosis?

ANSWER: Osteoporosis occurs due to acidosis in the body that has developed from a long history of unhelpful dietary choices along with stress. The acidic state of the body begins to dissolve the bones. The most important step for someone with osteoporosis is to remove all processed foods, and dairy and eggs which are the leading food causes of osteoporosis, in the diet. It's also very helpful to reduce animal protein in the diet to once per day at most. Removing the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods is very important. Someone with osteoporosis may also have some nutrient deficiencies so supplementing with specific nutrients and foods can be very helpful to correct these issues. Anthony shares some of the most important supplements for deficiencies in his radio show and article at <http://www.medicalmedium.com/blog/are-supplements-necessary>. Considering including supplements like this silica (<http://amzn.to/2m3xeBf>), nettle leaf (<http://amzn.to/2j9Foah>) and turmeric (<http://amzn.to/2okMU0D>) or curcumin (<http://amzn.to/2okNk7f>) daily could be very helpful. Having a higher elevation of heavy metals can also play a role in osteoporosis so the heavy metal detox Anthony described in his radio show and article at www.medicalmedium.com/blog/heavy-metal-detox is important also.

QUESTION: How can a thyroid nodule be shrunk?

ANSWER: Thyroid nodules develop as a result of EBV. This is a topic Anthony addresses in great detail in his new book Thyroid Healing, which contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>. There is a lot of existing information on EBV that Anthony has shared, which you can find in his book Medical Medium and also in his radio show at <http://www.medicalmedium.com/.../epstein-barr-virus-revealed>. It could be very helpful to follow the information in this radio show and the book. You can also add in the healing foods from Life-Changing Foods for EBV. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. Adding in fresh green juices daily with asparagus, sprouts, and lots of leafy greens are a wonderful help for thyroid nodules also. When you are wanting to reduce a thyroid nodule, it's also important to look at other areas of your life that could be triggering the virus causing the nodule to become stronger. Looking at the stress in your life and how you can reduce or manage it if possible, focusing on the grazing technique for adrenal health described in Medical Medium to help manage excess adrenaline, adding in the heavy metal detox at www.medicalmedium.com/blog/heavy-metal-detox and reducing exposure to chemicals in your home and life and other environmental pollutants where possible (some ideas can be found at <http://www.medicalmedium.com/blog/environmental-illness>) - these are all helpful ways to minimize triggers that can strengthen the virus.

QUESTION: How can Hughes syndrome (Antiphospholipid syndrome) be addressed?

ANSWER: Hughes syndrome occurs from having a sluggish or stagnant liver that is overloaded with viruses and their by-products, along with other toxins. To address the viral issue contributing to the sluggish liver, it would be very helpful to follow the Epstein-Barr virus protocol from Anthony's book Medical Medium. You can also add in the healing foods from Life-Changing Foods for EBV and other viruses. To help your liver, it's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also important to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a high protein diet you can reduce your fat intake by 50% (for example by eating animal protein once a day

instead of twice a day or more and reducing your oil consumption to minimal amounts) and increase your fruits and veggies to keep your calories sufficient. Or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Plant fats include nuts, seeds, oils, olives and avocados. If you are willing, a period of time without any or very minimal fat, like in the 28-day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver> is also very helpful.

QUESTION: What is the cause of multiple chemical sensitivity?

ANSWER: Multiple chemical sensitivity is caused by other underlying health issues that make someone especially sensitive to chemicals and other toxins. Typically the underlying health issues will be due to viral infections, often along with various possible bacterial infections, lots of pesticides stored in the body, and heavy metal toxicity. Chemical exposure puts a greater load on the immune system so viruses and other pathogens can use the opportunity to take a greater hold in someone's body. Chemicals can also be fuel for viruses to become stronger. Toxic chemicals are simply the trigger to these underlying health issues, which when triggered can lead to a worsening of current symptoms or new symptoms developing. It would be helpful to check out Anthony's radio show and article on Environmental Illness at <http://www.medicalmedium.com/blog/environmental-illness> and to also consider applying the anti-viral and heavy metal detox protocols in Anthony's book Medical Medium. Bringing in more of the healing foods in his book Life-Changing Foods and removing the Foods To Avoid is also extremely helpful to support healing.

QUESTION: Anthony has talked about orgonite pyramids for protection against mold and electromagnetic radiation. Can you please recommend one?

ANSWER: You can find an orgonite pyramid at <http://amzn.to/2tliSuQ> or Anthony has also suggested visiting a store like [etsy.com](https://www.etsy.com) and selecting an orgonite pyramid that resonates with you. Orgonite pyramids don't stop mold from existing, but they do effectively knock out the frequency mold feeds off of (which is an unhealthy frequency). Mold loves damp and dark places but it can only survive with a certain frequency that comes from EMF sources like cell towers, WiFi, and so on. Orgonite pyramids disable the unhealthy part of the frequency and EMF so the mold can then die. The mold may still be there on a surface but it won't be active and as problematic. They are of course then also helpful for disabling some of the negative impacts of EMF also, not just for mold. You can place orgonite pyramids around your home, and especially near WiFi routers, where you tend to use or keep your cell phone, and so on.

QUESTION: What is the cause of a granuloma?

ANSWER: A granuloma forms as a result of a viral infection. It is often EBV but could be another virus also. Anthony recorded a radio show and has an article on the herpes viruses which you can find at www.medicalmedium.com/blog/herpes-viruses. It could be very helpful to follow the information in that radio show and article and also look into the Epstein-Barr virus protocol, which is also a herpetic virus, from Anthony's book Medical Medium. You can also add in the healing foods from Life-Changing Foods for EBV and herpes. It's also important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. Anthony's new book Thyroid Healing contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus or any herpetic virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>.

Isabelle Prins (October 2017)

MM Answers to Questions

(Compiled from MMMO posted [Answers to Frequently Asked Questions](#))

JULY 2017 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What is the cause of multiple chemical sensitivity?

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. It could be very helpful to follow the information in that radio show and article and also look into the Epstein-Barr virus protocol, which is also a herpetic virus, from Anthony's book Medical Medium. You can also add in the healing foods from Life-Changing Foods for EBV and herpes. It's also important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. Anthony's new book Thyroid Healing contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus or any herpetic virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>

JUNE 2017 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What is the cause of dry mouth?

ANSWER: Dry mouth stems from an adrenal issue where one or both of the adrenals may be under or overactive. This can also lead to an imbalance of mineral salts which can further contribute to the symptom of dry mouth. If someone has caught a bug, they may also experience dry mouth during that time and after. It's important to begin properly caring for your adrenal health by applying the grazing method Anthony shares in his book Medical Medium where you snack every one to two hours. This helps prevent the adrenals from releasing too much adrenaline that then courses through the body wreaking havoc, feeding viruses and bugs, and more. It's also important to snack on the right foods that properly fuel the body and support the adrenals. The right foods are a mix of natural glucose, potassium and sodium containing foods. You can read more about adrenal health in the books Medical Medium and Life-Changing Foods and also in the radio show and article at <http://www.medicalmedium.com/blog/adrenal-fatigue>

. You can also read more about the epidemic of adrenal fatigue and how to heal it in this article <http://www.medicalmedium.com/blog/adrenal-fatigue-epidemic>. Lastly, we provide some examples of the perfect adrenal health snacks in this video and blog post <http://www.medicalmedium.com/.../16-snacks-for-adrenal-fatigue>. It would also be helpful to consider bringing in the supplement ashwagandha, which you can learn more about at <http://www.medicalmedium.com/blog/ashwagandha> and find Anthony's preferred supplier of this herb at www.medicalmedium.com/preferred/supplements

QUESTION: What is the bacteria that causes tuberculosis?

ANSWER: Tuberculosis is caused by a bacteria that is a primitive cousin of streptococcus that has now mutated far from its origin. This is unknown to and undiscovered by medical science and research, along with the truth that there are far more varieties of strep than medical communities know. Anthony has brought to light that there are in fact hundreds of mutated strains of strep. While tuberculosis is not caused by strep, but a cousin of strep, it is still helpful to apply the same healing steps one would use to conquer a serious strep infection. You can learn more about some of the healing steps for strep in the radio shows and articles at <http://www.medicalmedium.com/blog/streptococcus-revealed>

and <http://www.medicalmedium.com/blog/healing-acne>

QUESTION: What is the cause of keratosis pilaris?

ANSWER: Keratosis pilaris occurs from having a sluggish or stagnant liver that is overloaded with viruses and their byproducts and other toxins. To help your liver, it's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also important to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a high protein diet you can reduce your fat intake by 50% (for example by eating animal protein once a day instead of twice a day or more and reducing your oil consumption to minimal amounts) and increase your fruits and veggies to keep your calories sufficient. Or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Plant fats include nuts, seeds, oils, olives and avocados. If you are willing, a period of time without any or very minimal fat, like in the 28 Day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver>

is also very helpful. Because there will be a virus that is part of the reason for the sluggish liver, it would be very helpful to follow the Epstein-Barr virus protocol from Anthony's book Medical Medium. You can also add in the healing foods from Life-Changing Foods for EBV and other viruses.

QUESTION: What is the cause of cervical dystonia?

ANSWER: Toxic heavy metals are largely responsible for cervical dystonia. Someone with cervical dystonia will usually also have a virus that worsens the condition. It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie

. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>

. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a high protein and high fat diet you can reduce your fat intake by 50% (for example to one meal with animal protein per day) and increase your fruits and veggies to keep your calories sufficient. If you're plant based you can reduce your plant fats by 50% (for example by minimizing oils and reducing nuts and seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address the viral component also. The EBV protocol from Anthony's book Medical Medium offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from Life-Changing Foods.

QUESTION: If someone has a very weak pancreas or pancreatic cancer, should potatoes and sweet potatoes/squash (starches, in general) be avoided?

ANSWER: On the contrary, starchy vegetables are very helpful for a weak pancreas or pancreatic cancer. As are fresh fruits, leafy greens, and vegetables. These foods should be the mainstay of your diet if you have these pancreas health issues. What is important to lower is how much fat you consume, from both animal food and plant sources. A very low fat diet is essential for managing and recovering pancreatic health. Anthony discusses this in his diabetes radio show, which you can find at <https://soundcloud.com/.../understanding-type-1-type-2-diabet...>

. Anthony also discusses this in his book Life-Changing Foods on page 44 in the section titled Fuit Fear. The 28 Day Healing Cleanse as outlined in Anthony's book Medical Medium could be a great help for someone with pancreatic problems. You may even wish to consider doing it for an extended time. Cooked starchy vegetables like potatoes, sweet potatoes and winter squashes can be enjoyed with dinner meals if desired. Some foods that are especially beneficial for the pancreas include pears, celery juice, artichokes, raspberry leaf tea, radishes, aloe vera and red clover blossom tea,

QUESTION: What is the cause of hyperparathyroidism?

ANSWER: The root cause of hyperparathyroidism is the Epstein Barr virus. This is unknown by medical science and research. Anthony address parathyroid disease, hyperparathyroidism, and the true unknown function of the parathyroid glands and how they work with the thyroid in his upcoming book Thyroid Healing, which is now available for pre-order at the retailers listed here <http://www.medicalmedium.com/thyroid-healing>

. This book is packed with brand new information from Anthony that is unknown and undiscovered and I can't recommend it enough. For this condition, it's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28 day Cleanse in the book Medical Medium would be wonderful to consider doing. You can find the preferred sources for the supplements suggested in the books at <http://www.medicalmedium.com/preferred/supplements>

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QUESTION: What is the cause of mouth ulcers?

ANSWER: Mouth ulcers are caused by one of the viruses in the herpes family. Anthony recorded a radio show and has an article on the herpes viruses which you can find at www.medicalmedium.com/blog/herpes-viruses

. It could be very helpful to follow the information in that radio show and article and also look into the Epstein-Barr virus protocol, which is also a herpetic virus, from Anthony's book Medical Medium. You can also add in the healing foods from Life-Changing Foods for EBV and herpes. It's also important to remove the Foods Not To Eat from the book Medical Medium and the

Foods To Avoid from the book Life-Changing Foods. Anthony's new book Thyroid Healing contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus or any herpetic virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>

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QUESTION: What is the cause of achalasia?

ANSWER: It's unknown to medical science and research that achalasia is usually a neurological issue that stems from having an elevated level of heavy metals in the body. These metals also affect the vagus nerve which runs from the brain to the abdomen, causing problems with the opening and closing of esophageal sphincters. In some cases, achalasia can be caused by an injury from a bacteria but it is most often a neurological issue as mentioned above. For this condition, It's very important to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie

. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>

. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a high protein and high fat diet you can reduce your fat intake by 50% (for example to one meal with animal protein per day) and increase your fruits and veggies to keep your calories sufficient. If you're plant based you can reduce your plant fats by 50% (for example by minimizing oils and reducing nuts and seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more.

QUESTION: How can someone address an MRSA infection?

ANSWER: In Anthony's book Life-Changing Foods, he lists several powerfully healing foods that can help address an MRSA infection. These foods include rosemary, aloe vera (try aloe water daily - <http://www.medicalmedium.com/blog/aloe-water>

), raw honey, garlic, and rose hips. You can read about these foods in the book and how to incorporate them. Anthony also recorded a radio show and has an article on healing from a bacterial infection from streptococcus which is also relevant to MRSA. It would be helpful to apply the information given there if you are dealing with MRSA - <http://www.medicalmedium.com/blog/streptococcus-revealed>

. It's also important to maintain a clean diet to support your body to heal, kill off the bacteria and also avoid further feeding of the bacteria. It's important to remove the Foods Not To Eat

from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods in particular.

QUESTION: What is the best natural method of trying to prevent mosquito bites?

ANSWER: The safest and most natural way to help prevent bites as much as possible is to apply a light coat of a healthy oil like olive oil or coconut oil on your skin. You can also add just a little touch of rosemary essential oil mixed into your oil if you wish but it's not necessary. The oil is the most important part.

QUESTION: What is the cause of deep vein thrombosis (DVT)?

ANSWER: DVT is caused by a liver that is sluggish or stagnant due to an overload of toxins. To help your liver, it's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also important to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a high protein diet you can reduce your fat intake by 50% (for example by eating animal protein once a day instead of twice a day and reducing your oil consumption to minimal amounts) and increase your fruits and veggies to keep your calories sufficient. Or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Plant fats include nuts, seeds, oils, olives and avocados. If you are willing, a period of time without any or very minimal fat, like in the 28 Day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show

at <https://soundcloud.com/medicalmedium/healing-your-liver>

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QUESTION: What are some good supplements to help with pain relief while I'm healing?

ANSWER: Some of the best supplements to consider or talk with your natural health practitioner about for pain management include curcumin, turmeric, nettle leaf and california poppy. Lemon balm and passionflower are also very helpful aids in calming and soothing the stress experiencing chronic pain can cause. It's also very important to cut out the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods to help prevent worsening and inflaming the area experiencing pain and the root cause of the pain.

MAY 2017 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What causes problems with urinary frequency and incontinence?

ANSWER: Urinary frequency and incontinence can be caused by either an old streptococcus infection or a viral injury that has made the nerves in the bladder sensitive, resulting in the urinary frequency and/or incontinence. It's important to address the problem with antibacterial and antiviral foods and to consider antibacterial and antiviral supplements and herbs. In the EBV chapter of Anthony's book Medical Medium, he outlines the best foods, supplements and herbs to consider including to target viral issues. He goes into even greater depth and detail on

EBV in his new book Thyroid Healing, which is now available for pre-order at <http://amzn.to/2mfPiJO>

. He also provides suggestions for how to address a streptococcus infection in his radio show at <http://www.medicalmedium.com/blog/streptococcus-revealed>

. It's also critical to remove dairy, eggs, and wheat from your diet to allow healing to begin. Drinking aloe water daily as described on the blog at <http://www.medicalmedium.com/blog/aloe-water>

could also be very helpful.

QUESTION: In the Skin, Hair, and Nails radio show, Anthony suggests incorporating hemp seeds, walnuts, and pumpkin seeds into one's diet for omega 3s. He also mentions the importance of keeping protein and fat intake down to protect the liver. What is the ideal serving each day for these nuts and seeds for a good amount of omegas without overburdening the liver?

ANSWER: These nuts and seeds provide nutrients and other healing properties that are helpful for many health issues, however a little goes a long way. Nuts and seeds are very dense foods and should be treated as a topping or condiment versus being the main focus of a meal or snack. Just a few nuts like walnuts or one tablespoon of seeds per day or a few times a week is enough when you are also trying to keep fats low to support your liver to heal. Leafy greens also contain essential omega 3 nutrients so eating plenty of leafy greens daily is very important. This is where you get your best sources of omega 3s and if you don't want to or can't eat nuts and seeds, leafy greens can provide the omega 3s you need. The best strategy for liver health and overall health is to focus as much as possible on eating abundant amounts of fresh fruits, leafy greens and vegetables (raw and cooked) for your meals and snacks and use your fats of choice more sparingly. If you are healthy, pregnant, breastfeeding, or it's for teenagers or children, you can enjoy some more if you wish.

QUESTION: What is the cause of restless legs syndrome?

ANSWER: Restless legs is a neurological symptom caused by high levels of toxic heavy metals and a high viral load in the body affecting the nervous system. This is unknown by medical science and research. For this condition, It's very important to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie

. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>

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seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address the viral load in the brain also. The EBV and Shingles protocols from Anthony's book Medical Medium offer excellent antiviral regimens and you can also add in the healing foods for viral conditions from Life-Changing Foods.

QUESTION: I know all the Healing Tea recipes in the book Medical Medium are helpful. Can I drink them all in one day? How are they best used?

ANSWER: You can drink all the teas in one day, however it's not necessary and for some people who are very sensitive, it could be best to not drink so many at once. You can try drinking two or more of them all in one day (either mixed together or as separate blends as per their recipe) if you aren't very sensitive. Alternatively, you can drink one of the Healing Tea blends for a few weeks or months and then change to a different one. You will get the greatest benefits from the teas if you drink them daily or as often as possible for a period of time, versus having a Healing Tea recipe just once or twice a week. But any of the teas you can include at any time will still be helpful and it all counts in helping you move forward with healing.

QUESTION: What is the cause of the fallopian tube inflammation that can result in ectopic pregnancies?

ANSWER: Ectopic pregnancies result from inflammation in the fallopian tubes blocking the safe passage of the fertilized egg into the uterus. The inflammation that creates this problem can be caused by the Epstein-Barr virus and/or the bacteria streptococcus. It's important to reduce the inflammation in the fallopian tubes by following the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV and streptococcus. It's also important to address the issue with the information on streptococcus in the radio show at <https://soundcloud.com/medicalmedium/streptococcus-revealed>.

It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. This includes eggs, dairy, canola oil, wheat, soy and corn. The 28 day Cleanse in the book Medical Medium would be wonderful to consider doing, perhaps even for an extended time. You can learn more about EBV in Anthony's radio show also at <http://www.medicalmedium.com/bl.../epstein-barr-virus-revealed>.

QUESTION: What is the cause of Parkinson's disease?

ANSWER: Toxic heavy metals are largely responsible for Parkinson's disease. The heavy metals oxidize and run, damaging surrounding areas and creating inflammation. They also move simply from the natural movement in our bodies of blood and spinal fluid and from the runoff mentioned above. This movement creates the shakes that are commonly attributed to Parkinson's. These heavy metals themselves are neurotoxins (poisons that disrupt nerve function and confuse your immune system), but someone with Parkinson's will also have a virus that is feeding on these toxic heavy metals and releasing its own neurotoxins. For Parkinson's, It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a high protein and high fat diet you can reduce your fat intake by 50% (for example to one meal with animal protein per day) and increase your fruits and veggies to keep your calories

sufficient. If you're plant based you can reduce your plant fats by 50% (for example by minimizing oils and reducing nuts and seeds to just a couple of tablespoons per day or reducing avocado to 1/2 to 1 avocado per day) and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address the viral component also. The EBV protocol from Anthony's book Medical Medium offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from Life-Changing Foods. Wild blueberries, chaga, asparagus, berries, figs, mango, melons and coconut are all great foods to include along with the critical daily heavy metal detox foods.

QUESTION: Is there such a thing as eating too much fruit in any given day according to Anthony?

ANSWER: As Anthony shares in the Fruit Fear chapter of his book Medical Medium (www.medicalmedium.com/book), fruit is the most important group of food to bring into your diet for healing, followed closely by leafy greens and vegetables which are also essential. You can eat fruit abundantly and to your heart's content over your day in many cases. There is no amount that is too much unless you were eating so much fruit that you made yourself feel sick from simply consuming too much at once, but this is extremely rare. Most people don't eat enough fruit, even when they think they are or when they're trying to eat more of it. They might eat an apple and/or a banana a day as a snack and some blueberries in a blueberry muffin. The one time that you can eat too much fruit is if you're diet is high in fat. A high fat diet, which is typically a high protein diet, prevents the essential glucose in fruits that your body and brain needs to run properly from getting to where it needs to go to fuel, nourish and heal you. A high fat diet also means your blood will be less oxygenated, and a low oxygen environment allows viruses and bacteria to thrive and proliferate, resulting in many of the symptoms people are suffering with. It also slows detoxification, which hinders healing by preventing viruses, bacteria, toxins, and heavy metals from easily leaving the body. If someone is eating a high fat diet, it would be best for their healing if they reduced the fat in the diet and brought in more fruits (and leafy greens and vegetables) as they are so critical for healing. However, if someone is adamant that they don't want to reduce their fat, they would not be able to eat fruit and other healthy, beneficial carbohydrates as abundantly. This is because high amounts of sugar (even the healthy kind in fruits and carbohydrate-rich vegetables such as sweet potatoes) and fat eaten together burden the liver and can lead to insulin resistance if the liver isn't working very well, which is common for someone who has been eating a high fat and high protein diet for some time. A low to moderate amount of fruits and carbohydrates would be necessary in this instance, however the person would be missing out on the critical nutrients and healing properties of fruits. If you eat a vegan diet and are eating a lot of nuts, seeds, oils, or avocados (or eggs or dairy if you're vegetarian), you'll also need to minimize fruit. In short, if you are eating a higher fat diet, you need to minimize fruit. Whether you are eating a diet with animal or plant fats, the goal is to lower your fat intake so you can enjoy fruits to your heart's content and receive their endless healing benefits. You can try reducing your fat intake by 25-50% for example and bring in more fruits. For example, eating animal protein once a day versus three times a day, cutting out or minimizing oils, and reducing nuts and seeds to just a couple of tablespoons per day instead of a cup or more. If your favorite diet is eating large amounts of higher fat animal protein or if you're a vegan who loves to eat lots of fats and oils, then don't be discouraged. Try to eat some more of the fruits that are lower in glucose like wild blueberries, other berries and apples daily. Some of these fruits every day won't conflict with the fats in your diet as much. The intent is to eventually bring in a variety of delicious, juicy, anti-cancer, anti-viral, anti-bacterial, anti-fungal, and antioxidant-rich fruits that you can enjoy freely.

QUESTION: Are microwaves safe to use?

ANSWER: It is best to avoid using microwaves whenever possible. They do have some negative effects on our health and they denature the nutrient value of the foods we cook in them, which is why it's best to avoid them or limit use. It's especially important to avoid looking into a microwave when it is cooking something and to stand away from while it's in use, ideally ten or more feet away. If a microwave is all you have for cooking, try to bring in more fresh foods like fruits and salads so that

less of your diet is based on microwaved meals. The more fruits, leafy greens, and vegetables you bring in, the more you'll protect yourself from the impact of using and eating microwaved foods at other times. It's also helpful to focus on the anti-radiation foods listed in Anthony's book Life-Changing Foods if you are using or exposed to microwave cooking like dulse, kelp and other seaweeds, aloe vera, wild blueberries, other berries, radish greens, cruciferous vegetables, nettle leaf, and more.

QUESTION: When I go out in the sun, I get brown spots/patches on my face. What is the cause of these spots?

ANSWER: These brown spots are liver spots and they are a result of a sluggish or stagnant liver that is overloaded with toxins. When someone with a liver that is filled with toxins goes out into the sun, the sun's powerful healing rays draw toxins from their liver out through the skin. This can result in these brown liver spots. To help your liver, it's important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also important to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a high protein diet you can reduce your fat intake by 50% (for example by eating animal protein once a day instead of twice a day and reducing your oil consumption to minimal amounts) and increase your fruits and veggies to keep your calories sufficient. Or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Plant fats include nuts, seeds, oils, olives and avocados. If you are willing, a period of time without any or very minimal fat, like in the 28 Day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver> is also very helpful.

QUESTION: In your first book you briefly mention juice and water fasting as a way to speed up healing but only doing it for a day or two. What about longer term juice or water fasting? It's said that people can safely fast on water for 40 days and on juices for 100 days. Is this true?

ANSWER: Everyone is different when it comes to water and juice fasting. If you are sensitive, have a sensitive central nervous system, have a number of symptoms or suffer with chronic illness, fasting of any kind may not be appropriate for you right away. One day of juice fasting on celery, cucumber and apple juice every 1.5 to 2 hours as Anthony describes in his book Medical Medium is the gentlest and most effective way to fast for most people. If you feel strong, you could extend that for another couple of days if you wish provided you are drinking enough juice, the right mix of juice (apple, celery and cucumber), and you're drinking it every 2 hours. Water fasting is best left alone unless you feel quite healthy and strong. Even then, just one day is best for the vast majority of people. The best way to detoxify long term is to eat a clean diet full of the healing foods outlined in Medical Medium and Life-Changing Foods. The 28 Day Healing Cleanse in Medical Medium is especially helpful and effective for deep detoxification support that is also gentle on the body. You can do the cleanse for a longer period like a few months or even a year if you wish to. If you have interest in longer fasts, you could consult with your health practitioner as to whether it could be helpful for you.

QUESTION: I have difficulty driving because I feel like I lose my sense of balance and have problems with spatial awareness. Is this a viral issue?

ANSWER: Yes, there is a very good chance that the spatial awareness and loss of balance you're experiencing (and balance issues in general) are caused by an underlying viral infection. This is one of the many varieties of vertigo caused by Epstein-Barr virus. This is unknown to medical communities. It could be very helpful to follow the Epstein-Barr virus protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28 day Cleanse in the book Medical Medium would be wonderful to consider doing, possibly for an extended time if you wish. You can also learn more healing information at <http://www.medicalmedium.com/bl.../epstein-barr-virus-revealed>. Anthony's new book

Thyroid Healing contains essential information on EBV for anyone suffering with symptoms and illnesses caused by this virus. You can pre-order it at <http://www.medicalmedium.com/thyroid-healing>.

QUESTION: Can the Heavy Metal Detox smoothie be given to infants and young children?

ANSWER: If a child is already including solid foods, it can be fine to include small amounts of the heavy metal detox foods in a smoothie or another form in their diet. You can find the original recipe for the Heavy Metal Detox Smoothie at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. For young children, just a very small amount of the cilantro, Hawaiian spirulina, barley grass juice extract powder and dulse will be enough. You can include the wild blueberries in larger quantities as desired. Over time, you can increase the amounts of each food a little bit. You can consult with your natural health practitioner on dosages if you'd like.

APRIL 2017 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What is the cause of Pyrrole disorder (also known as pyroluria, kryptopyroluria, kryptopyrole or Mauve disorder)?

ANSWER: Like for all mystery illnesses, the currently available information on Pyrrole disorder is conflicting, confusing, and incorrect. Most of the symptoms commonly associated with Pyrrole disorder come from heavy metal poisoning and/or oftentimes the neurotoxins from an underlying viral infection. It is commonly believed that people suffering with Pyrrole disorder have vitamin and mineral deficiencies that cause the condition. While deficiencies are not the root cause of Pyrrole disorder, it is true that someone with this condition will have one or more deficiencies because everyone has at least one deficiency today whether they have Pyrrole disorder or not. Everyone has different deficiencies and to different degrees, which is one reason why healing foods, like those Anthony shares in the book Life-Changing Foods, and supplements are so necessary. Learn more about why supplements are important at <http://www.medicalmedium.com/blog/are-supplements-necessary>. For Pyrrole disorder, it's very important to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address a possible viral issue too. The EBV protocol from Anthony's book Medical Medium offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from Life-Changing Foods.

QUESTION: In the Environmental Illness radio show, Anthony talks about toxins in the air unknowingly affecting people's health. Is there a recommended air filter for air purification?

ANSWER: Anthony's preferred air filter is the IQ Air. This air filter is an incredibly effective machine that can really help filter toxins you may be exposed to in the air. You can find this air filter at <http://amzn.to/2peockd>. If you're looking for a lower priced option that is still helpful, a basic HEPA

air filter like this one - <http://amzn.to/2pcs8oe> - can also be helpful.

QUESTION: Is there enough protein on the 28 Day Healing Cleanse or if my diet is mostly fruits and vegetables?

ANSWER: Fruits, vegetables and leafy greens contain plenty of the most bioavailable and helpful forms of protein. This information is helpful to know for anyone who is concerned they won't get enough protein if they reduce their animal protein, say to once a day, to allow space for more of the healing fruits, vegetables, and leafy greens, like those mentioned in Life-Changing Foods. When someone physically feels symptoms like weakness and fatigue when they are eating a diet of all or mostly fruits, leafy greens, and vegetables, they may think it's because they aren't eating enough protein. In actuality, what's really happening is that they aren't getting enough calories and aren't eating often enough (every 2 hours at least) and this can leave someone feeling weak and tired. It's not a lack of protein, but a lack of calories. What frequently happens when someone moves from a diet high in animal foods or processed foods, which are naturally high in calories, to a more plant based diet, is that they don't increase the volume of food they are eating. But the volume of plant foods needed to match the calories in a piece of steak or a few eggs for example is vastly different. Plant foods are much lower in calories so a greater volume of food needs to be eaten. A small salad will not be sufficient at replacing the calories in a meal of chicken breast and broccoli. If you don't eat enough calories when you eat a more plant-based diet, you will likely feel symptoms from the large drop in calories. Again, this is not a protein deficiency issue but a calorie issue. If you follow the 28 day Healing Cleanse or eat primarily fresh fruit, leafy greens and vegetables, put your focus on eating enough calories, including enough leafy greens (see the Healing Path free course to learn more about these wonderful foods - <http://www.medicalmedium.com/healingpath>), along with snacking every 1.5 to 2 hours, and you will be consuming sufficient calories and protein. It is important to note that the current thinking that someone must consume a range of different plant foods together, like beans, grains, and leafy greens, at one meal in order to get a "complete protein" is misinformation. Every fruit, vegetable, and leafy green already contains protein in exactly the form the body needs it and can best receive it. It's great to eat a variety of these foods for different nutrients, but it's not necessary to do so for a "complete protein".

QUESTION: What causes motion sickness?

ANSWER: Motion sickness is caused by the vagus nerve becoming sensitized from toxic heavy metals in the body and an underlying low grade Epstein-Barr virus infection. Oftentimes, people find that symptoms that might have been labeled as motion sickness at one point earlier in life worsen later in life and get called something else. This is because the EBV in someone's system can gain a stronger hold as it feeds on the foods it likes over time or new varieties might be contracted. Plus, someone may also be exposed to more and new toxic heavy metals or experience oxidization and run off of the metals they already have in their system, all of which can further aggravate the vagus nerve. Earlier in life these people may have had a low level of symptoms that they attributed to motion sickness or some anxiety but later became far more pronounced. However, the root cause was the same all along.

QUESTION: Is it ok to eat a vegan diet while pregnant? I prefer to eat that way but want to make sure it's ok.

ANSWER: If it's your preference to eat a vegan diet, you can certainly do that while pregnant. During

pregnancy, no matter what diet you choose to eat, it's critical to ensure you get enough calories each day and also bring in fruits, vegetables and leafy greens. If you can't stomach the thought of leafy greens during your first trimester, you can just bring them in when you can. Great foods for pregnant women to eat include bananas, dates, mangos, papayas, avocados, grapes, cherries, wild blueberries, raspberries, blackberries, cranberries, apples, pears, tomatoes, cucumbers, bell peppers, oranges, dried and fresh apricots and figs, raisins, potatoes, sweet potatoes, winter squashes, celery, fennel, lettuces, spinach, sprouts, microgreens, kale, cauliflower, broccoli, zucchini, asparagus, artichokes, hemp seeds, pumpkin seeds, sunflower seeds, sesame seeds, walnuts, almonds, pistachios, pecans, black beans, quinoa, millet, brown rice, gluten-free oats, raw honey, and more. As long as you eat abundantly, usually more than you might think, plant foods are wonderful for during pregnancy. It's also important to snack every 1 to 1.5 hours while pregnant to nourish your adrenals in preparation for the adrenaline and cortisol flooding that happens when a woman gives birth to her baby.

QUESTION: What is the quickest way to reduce inflammation in the body?

ANSWER: There are many ways to bring down inflammation in the body but the first step would be to stop consuming the problematic foods and substances which feed viruses and bacteria and prevent healing from The Unforgiving Four (you can read about The Unforgiving Four in Anthony's book Life-Changing Foods.) This includes eggs, dairy, pork, corn, soy, canola oil, and wheat, MSG, aspartame, and more. You can read about these foods and substances to avoid in Anthony's first book Medical Medium. The second step would be to add in healing, anti-inflammatory, alkalizing foods, especially juices like celery juice, cucumber juice, turmeric and ginger juice, and/or a combination juice of celery, cucumber, spinach, parsley, and lemon. You could also bring in the Spinach Soup Anthony talks about in the 28 Day Healing Cleanse in the Medical Medium book and the Heavy Metal Detox Smoothie www.medicalmedium.com/blog/heavy-metal-detox-smoothie. The 28 Day Healing Cleanse is excellent for helping to reducing inflammation. Drinking as much lemon and/or lime water as possible is helpful, as is ginger tea or ginger and turmeric tea.

QUESTION: What is the cause of interstitial cystitis?

ANSWER: Interstitial cystitis is caused by an old streptococcus infection someone has probably had for a long time. Over time the streptococcus bacteria can create some scar tissue in the bladder, which causes the interstitial cystitis. The streptococcus also makes the nerves in the bladder sensitive and you can experience burning and urinary frequency. To begin healing, the area with scar tissue in the bladders needs to be addressed. Drinking aloe water daily as described on the blog at <http://www.medicalmedium.com/blog/aloe-water> could be very helpful. It's also important to address the problem with antibacterial foods and to consider antibacterial supplements and herbs. In the Streptococcus radio show, Anthony provides suggestions for what to consider including. You can listen to the show at <http://www.medicalmedium.com/blog/streptococcus-revealed> and find the supplements Anthony mentions at www.medicalmedium.com/preferred/supplements. It's also critical to remove dairy, eggs, and wheat from your diet to allow healing to begin.

QUESTION: I imagine it's best to avoid canola, corn, cottonseed, and palm oils, but are any of these oils healthy choices: avocado, grape seed, pumpkin seed, safflower, sesame, sunflower, walnut oils?

ANSWER: You are correct on the oils which are best avoided. It's also best to avoid safflower oil and

use grapeseed oil and sunflower oil sparingly, if at all. The best choices are cold pressed extra virgin olive oil, avocado oil, and coconut oil, followed by pumpkin seed oil, sesame oil, and walnut oil. These last three oils can go rancid quickly also so using oil that's as fresh as possible is best, or better still would be to eat the seeds and nuts themselves.

QUESTION: What is the cause of endometriosis?

ANSWER: Endometriosis is caused by the Epstein-Barr virus. It's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28 day Cleanse in the book Medical Medium would be wonderful to consider doing, possibly for an extended period. You can find the preferred sources for the supplements suggested in the books at <http://www.medicalmedium.com/preferred/supplements>.

MARCH 2017 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What causes children to have growing pains?

ANSWER: Children's growing pains can result from a number of different factors. A child may experience bone pain when they go through a sudden growth spurt. Or they may have juvenile Rheumatoid Arthritis, which is caused by Epstein-Barr virus. When children go through hormonal changes as they develop into young adults they can also experience "growing pains" as the flooding hormones can feed viruses that may be in their system. The information provided in Anthony's Children's Health radio show (<https://soundcloud.com/medicalmedium/childrens-health>) regarding deficiencies is a good place to start for children with growing pains. Cleaning up your child's diet is highly important. You can remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and bring as many fruits and vegetables as possible into their diet. You can also take the EBV chapter of Anthony's book Medical Medium to your health practitioner and ask them for help in getting the correct dosages for your child for some supplements to heal EBV, along with feeding your child the antiviral foods listed there.

QUESTION: What is the cause of Narcolepsy?

ANSWER: Narcolepsy can develop from toxic heavy metals that are stored in the brain. As the metals oxidize, there is a runoff and the metals in the brain can move causing further inflammation. Or the metals can simply continue to build up in the in the brain, cerebrum and central nervous system over time. Both of these situations can result in narcolepsy, and there is often an underlying viral infection too where the viruses feed off the heavy metals and worsen the condition. For this condition, It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. There are other foods listed in Life-Changing Foods for heavy metal removal that are helpful to include, like radish greens, parsley, raw garlic, and more. It's very important to bring in antiviral foods and supplements to address that possible issue

too. The EBV protocol from Anthony's book Medical Medium offers an excellent antiviral regimen and you can also add in the healing foods for viral conditions from Life-Changing Foods.

QUESTION: Is the zinc taste test an accurate way to detect if someone has a zinc deficiency?

ANSWER: No, the zinc taste test is not an accurate testing procedure. The taste of zinc can be altered dramatically by the foods and drinks someone has recently consumed and other fluctuating factors like the condition of their health and more. Almost everyone today is zinc deficient so it's best to consider supplementing with the right kind of zinc regularly. You can find Anthony's preferred zinc at www.medicalmedium.com/preferred/supplements.

QUESTION: Can you call on the Unknown Angels and the other Angels too much? I ask for help all day throughout the day and at every meal I ask for help from the Angel of Enrichment. Am I being selfish? Is there someone who needs their help more and I'm pulling them away from other places they need to be?

ANSWER: You can ask the Angels for their help as much as you wish to and need to. The Angels want to hear from you and be there for you. Asking for help for ourselves is great and we can do it freely without concern. It's also important to ask for help for others in need. As we are all aware, there are many people experiencing all kinds of hardships and struggles in their lives and the more we can ask for help for them also, the better. You can consider bringing others into your requests for help when you are asking for yourself and making it a part of your daily routine if you wish to support others more.

QUESTION: Are infrared saunas helpful? What temperature is ideal and which model is the best?

ANSWER: Yes, infrared saunas can be very helpful for many people. Anthony writes the following about them in his first book Medical Medium:

"Another device that's surprisingly useful for detox is an infrared sauna, which emits infrared light on your skin for the purpose of healing. Its rays deeply penetrate your body, providing benefits such as increased blood flow and oxygenation of the blood, removal of toxins from the skin, elimination of aches and pains, and an immune system boost. You can typically find an infrared sauna at local gyms, massage therapy centers, and/or sauna centers. Use it for 15-20 minute sessions twice a week. If done right, you should feel an immediate change for the better after each session."

Infrared saunas are a great detox support tool but if you have itchy skin conditions, migraines, or have an especially sensitive nervous system, you may wish to skip them for now or only use them at lower temperatures. The healthy temperature range for an infrared sauna is generally from 100 degrees Fahrenheit for someone sensitive up to 140 degrees Fahrenheit at maximum for someone who isn't sensitive. A really high quality sauna can be found online at <http://amzn.to/2m2qfK0>.

QUESTION: What is the cause of kidney stones?

ANSWER: Kidney stones are essentially calcium and protein stones which have formed from an overabundance of protein in the diet that the body hasn't been able to break down. The kidney stones will keep forming unless the person who has them changes their diet to address them. When someone has kidney stones, it also means they have liver and gallbladder stones. Liver stones make digestion more difficult. It's important to focus on dissolving the stones through diet and supplements and building up hydrochloric acid with 16oz of pure celery juice daily as described at www.medicalmedium.com/blog/celery-juice. Celery juice is also an amazing liver and kidney tonic. Some great foods that help dissolve kidney stones include lemon, lime, oranges, grapefruits, peaches, nectarines, plums, pineapples, and melons. Eat some of these fruits daily and be sure to drink plenty of lemon and lime in water throughout the day and upon waking (15-50 minutes before celery juice is ideal). It's also very important to reduce animal protein in your diet to help make sure more kidney stones aren't being created. Consider cutting your animal protein down to once a day at most while you are dissolving the stones and healing your kidneys, gallbladder and liver.

QUESTION: A lot of questions are being asked that Anthony William has already answered in a book or radio show. How can someone find out if Anthony has already covered a topic or condition?

ANSWER: We put out a tremendous amount of information every week to help you get the information that can help you and your loved ones heal.

- a. There is so much information in Anthony's two books *Medical Medium* and *Life-Changing Foods* that it can be easy to miss topics he has already discussed. You can use the contents page and the index to reference what he has covered. If you have a digital version of the book, you can use the search function to look for the topic or condition you are interested in. I find many people like to have a digital copy to carry on the go and to search for topics of interest as well as a hard copy for the reading experience. This also makes finding topics easier.
- b. There is a wealth of information on the *Medical Medium* blog and we add new content every week. There's in-depth articles, radio show episodes, recipes (some of which have videos and can also be found on YouTube), information on healing foods, supplements, and practices, and more. You can go to www.medicalmedium.com/medical-medium-blog and use the search function to find what you're looking for. The search function is only available on a computer, not on the phone.
- c. While some of Anthony's radio shows can be found on our blog, and more are being added with accompanying articles, you can find all of them on the Hay House Radio website at <http://bit.ly/1KnExeh>. Once you're on this web page, you simply scroll down to see the "More Episodes with Anthony William" and use the "Next Page" button to navigate through all the previous radio show topics.
- d. You can also find a great deal of topics covered here in the Official Members group in the FAQs. To search for older FAQs, you can search for the term "ANSWERS TO FREQUENTLY ASKED QUESTIONS" in the search bar in the facebook group at the top right of the group. There are many months worth of questions and answers and many of the questions asked here each week have already been answered previously in older FAQs.
- e. If you haven't already signed up for and completed the free Healing Path program, there is much you can learn there, including answers to common questions and information on the key steps for healing. You can get your free access at <http://www.medicalmedium.com/healingpath>.
- f. If you are looking for the best source of a supplement Anthony William has mentioned or suggested, or other kitchen and lifestyle product preferences, you can find a list of his preferred brands and products at www.medicalmedium.com/preferred/supplements.
- g. Finally, if you're not already subscribed to the *Medical Medium* weekly email, you can sign up for free at <http://www.medicalmedium.com/free-healing-secrets>. This is the best way to stay aware of *Medical Medium* news, new learning opportunities, articles, recipes, and more. It's helpful to get as familiar as you can with these resources so you can find many of the answers you're looking for in just a few minutes.

QUESTION: What is the cause of Brachioradialis Pruritus?

ANSWER: Brachioradialis Pruritus is caused by an undiscovered non-rashing variety of shingles. The nerve endings are aggravated by the shingles virus and then as someone scratches the area, the scratching can result in sores and a rash. It's important to follow the Shingles protocol Anthony outlines in his first book *Medical Medium*. It's critical to remove the Foods Not To Eat and Foods To Avoid in Anthony's two books from your diet completely for shingles. You can replace these foods by significantly increasing fruits, vegetables, and leafy greens as they have the healing properties that can help you recover from shingles. If you can, significantly lowering or temporarily eliminating animal foods completely will be a huge help in your healing process. The 28 day Healing Cleanse in the book *Medical Medium* would be helpful to consider. Some of the most helpful supplements include vitamin C, L Lysine, zinc, cat's claw, sovereign silver, licorice root, lemon balm, alpha lipoic acid, B12 with adenosylcobalamin, propolis, and nettle leaf. You can find preferred suppliers of many of the healing supplements mentioned in the book and here at www.medicalmedium.com/preferred/supplements.

QUESTION: What is the cause of vasculitis?

ANSWER: Vasculitis, which is the label medical communities used to describe inflammation of the blood vessels, is caused by a viral infection from within the herpes family, which includes the viruses EBV, shingles, cytomegalovirus, herpes simplex 1 and 2, HHV6, HHV7, HSV8, HSV9, HHV10, HHV11, and HHV12, some of which aren't yet discovered. Anthony's upcoming radio show on The Herpes Family, which you can find at <http://bit.ly/1KnExeh>, will be very helpful if you or a loved one have vasculitis. Following the protocol for EBV and shingles in Anthony's books Medical Medium and Life-Changing Foods will be helpful for vasculitis caused by any of these viruses. It's also critical to remove the Foods Not To Eat and Foods To Avoid covered in Anthony's two books from your diet to facilitate healing from the virus. The 28 day Healing Cleanse in the book Medical Medium could be very helpful.

QUESTION: What is the cause of Pulmonary Fibrosis?

ANSWER: Pulmonary Fibrosis is a result of the Epstein-Barr virus and its best buddy co-factor antibiotic-resistant streptococcus. It's critical to follow the EBV protocol in Anthony's book Medical Medium and the streptococcus protocol detailed in the radio show and article on the blog at <http://www.medicalmedium.com/blog/streptococcus-revealed>. It's vital to keep all eggs, dairy, pork, and wheat out of the diet (you can refer to the Foods Not To Eat and Foods To Avoid in Anthony's two books), and significantly increase fruits, vegetables, and leafy greens as they have the healing properties that can fight EBV and strep. If you can also lower animal foods overall temporarily, it can help speed up the healing process. You can find preferred suppliers of many of the healing supplements mentioned in the book and radio show at www.medicalmedium.com/preferred/supplements.

QUESTION: Can supplements cause the liver to be overburdened and slow down healing?

ANSWER: If you are taking high quality supplements that are truly health-supporting, they will not burden the liver or any other part of your body. In fact, they will do the opposite and help to strengthen and support your organs and entire body. The right supplements with clean ingredients taken for the right conditions can be life-changing. Some of the supplements from good sources that Anthony prefers can be found at www.medicalmedium.com/preferred/supplements. Anthony's radio show and article on 'Are Supplements Necessary?' explains more on this topic and why supplements are helpful, not harmful.

QUESTION: Why is EBV the cause of just about every disorder? The medical profession appear to be totally unaware of this connection. Is there a reliable method for testing whether you have EBV?

ANSWER: EBV is the unknown root cause of many conditions and symptoms, however it's not the cause of every disorder. There are other factors that can be the cause of health issues including other viruses like the shingles virus, heavy metal toxicity, pesticide toxicity, MSG toxicity, radiation, bacterial infections, and more. Anthony shares an overview of these possible causes and factors, which he terms The Unforgiving Four, in his book Life-Changing Foods - <http://amzn.to/1T5KZu7>. In Anthony's new book that is due for release this November, he discusses EBV in much greater detail than ever before, along with the reasons why medical communities haven't made the connection, which is partly due to inaccurate and limited testing techniques and not knowing how the virus has evolved and mutated. None of the currently available testing methods can provide a 100% accurate answer unfortunately so it's best to consider if you or a loved one has EBV by your symptoms as described in the Medical Medium book - <http://amzn.to/1VsZ4Qr> - and in the Epstein-Barr Revealed radio show - www.medicalmedium.com/blog/epstein-barr-virus-revealed.

FEBRUARY 2017 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What is the cause of scleroderma?

ANSWER: Scleroderma is caused by Epstein-Barr virus severely inflaming the connective tissue. It's very important to follow the EBV protocol from Anthony's book *Medical Medium* and add in the healing foods from *Life-Changing Foods for EBV*. It's also critical to remove the Foods Not To Eat from the book *Medical Medium* and the Foods To Avoid from the book *Life-Changing Foods*. The 28 day Cleanse in the book *Medical Medium* would be wonderful to consider doing, possibly for an extended period. Along with the EBV protocol, some additional helpful supplements to consider include living silica, MSM, curcumin, and nettle leaf. You can find the preferred sources for these supplements at

<http://www.medicalmedium.com/preferred/supplements>.

QUESTION: Are copper cookware, bottles, and kitchenware safe to use?

ANSWER: The metals in all products you touch and use regularly can leach into the body with enough use over time, copper products included. These metals are the ones we aim to detox with Anthony's Heavy Metal Detox protocol - www.medicalmedium.com/blog/heavy-metal-detox. If possible, it's best to use glass bottles and containers versus copper or steel, wooden cutlery instead of steel, and ceramic cookware versus copper or steel. This isn't possible for many people of course, so you just do the best you can with your situation. It's never helpful to stress over details like this. Instead focus your energy on bringing in more of the foods and tools that support your health like increasing fruits and vegetables, removing detrimental foods, doing the heavy metal detox, and if you're able to, you can make other changes like replacing kitchenware.

QUESTION: I have severe Chronic Fatigue Syndrome and struggle to prepare food for myself. Is there anything I can eat or do to begin getting a bit more energy?

ANSWER: I'm so sorry for your struggles. People who suffer with Chronic Fatigue Syndrome have an underlying Epstein-Barr virus infection, and often other factors alongside the virus from *The Unforgiving Four* (you can read about this in the *Life-Changing Foods* book) and sometimes adrenal fatigue too. It's helpful to follow whatever you can from the protocol for CFS in the book *Medical Medium*. If you are bedridden with fatigue, it's important to stop feeding the virus by removing the Foods Not To Eat from the book *Medical Medium* and the Foods To Avoid from the book *Life-Changing Foods*. Instead you want to focus on as much as possible on getting in the foods that will kill of the virus, lower your toxic load, and bring your energy back. It's very important to get glucose from fruits and mineral salts from celery and leafy greens vegetables and to eat every hour. You can reference some ideas for perfect adrenal snacks in this video here - <http://www.medicalmedium.com/.../16-snacks-for-adrenal-fatigue>. Thankfully, the best foods for CFS can also be extremely simple to have ready to snack on. Keeping apples, oranges, tangerines, pears, bananas, dates, cherry tomatoes, cucumbers, and dried apricots and figs by your bedside with celery stalks and a box of pre-washed leafy greens like spinach or spring mix to snack on can be very helpful. You can also keep coconut water, lemons and water for lemon water, and a jar of raw honey with a spoon ready by your bedside to keep you hydrated and fueled. A spoonful of honey can be a great pick me up during the day or night. Having these healing foods right by your bed or in your kitchen or wherever you prefer makes it easy to pick up whatever is close and eat healthily. You can also defrost frozen wild blueberries in a bowl and have them near you with a spoon so you can easily eat them. It can be helpful to also keep Hawaiian spirulina and barley grass juice extract powder with your water and coconut water so you can simply add a spoon of each, stir well and drink instead of having to blend a smoothie when you're exhausted. Papaya is an exceptional fruit for bringing energy and strength back to someone with CFS. If possible, eating papaya whole or blending papaya with

celery juice is a wonderfully rejuvenating and healing tool. You can also place some of the key supplements for CFS listed in the book by your bedside so you can easily take them each day. I know fatigue can be so debilitating that doing anything at all can feel completely overwhelming. Take it one baby step at a time and do what you can. Give yourself plenty of compassion and grace as you move through the healing process and see if you can get some help and support for chores or grocery shopping from family or friends. Any changes you make count and will be starting to move you in the right direction.

QUESTION: I am very sensitive to all supplements. What should I do?

ANSWER: You can focus on using healing foods that feel ok for you to start moving forward. A lot of progress can be made simply by removing the Foods Not To Eat from the book *Medical Medium* and the Foods To Avoid from the book *Life-Changing Foods*, in addition to bringing in a lot more fruits and vegetables. Try making fruits and vegetables the base for every meal and snack, with many of them being just fruits and vegetables, like fruit smoothies, snacks of chopped fruit and celery sticks, big leafy green salads with fruit and avocado, vegetable soups, and so on. If and when you wish, you can try very small amounts of some of the supplements that could be helpful. For example, small amounts of the supplements listed at

<http://www.medicalmedium.com/blog/are-supplements-necessary>. You could consider trying one drop of the B12 with adenosylcobalamin and/or the liquid zinc sulfate. Over time you can very slowly add more. It's helpful if you are very sensitive to work with a health practitioner who can help you tweak and adjust your diet and supplements. The past Q&A below about allergies may also be helpful to read:

Q. I can't tolerate most of the healing fruits and vegetables recommended. What should I eat?

ANSWER: When someone thinks they don't tolerate certain healing foods, usually it's because they feel discomfort or symptoms of some kind after they consume it. This doesn't necessarily mean you have an intolerance to the healing food, but rather that you have sensitive nerves and other health conditions that you feel when you eat the very foods that bring healing to the body. Anthony discussed food allergies and sensitivities in detail in his recent radio show which you can find here: <https://soundcloud.com/medicalmedium/healing-from-allergies>. I highly recommend listening to it a few times over as it contains so much new information that he brings to light for the first time. If you are eating healing foods but are feeling too much discomfort, you can reduce the amount of them you eat, or leave certain ones out entirely for now, bringing them back in again later as you heal. Some symptoms and discomfort is normal and expected as you change your diet and supplements and heal, especially if you have particularly sensitive nerves and so many people do. But this experience is different for everyone and has to be adjusted individually. If you are too uncomfortable or symptomatic, you can focus just on the healing foods that do feel comfortable enough for you and take it very slow. These foods will be different for everyone. Some of the foods that often feel best for very sensitive people include mango, papaya, cucumber, celery, lettuce, pear, potato, sweet potato, and wild blueberries. It's ok to just eat a few simple foods that feel most comfortable to you for a short time, just try to get some fruit and greens in. You can also just include small amounts of many healing foods and over time increase the amount of them you eat as your body adjust and heals. It's also important to do your best to keep the Foods Not To Eat from the *Medical Medium* book out of your diet. I know it's not always easy, but if you're including them, you will likely be experiencing symptoms from them because they contribute to illness, which can influence your understanding of whether it's the healing foods or other foods still in your diet that are causing your symptoms.

QUESTION: What causes scoliosis and how can I prevent it from worsening?

ANSWER: Scoliosis is caused from heavy metal toxicity. It's critical to consume the five foods required to detoxify heavy metals from the body daily. This can help prevent the condition from

worsening as you age. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies.

QUESTION: How important is exercise to healing? How much?

ANSWER: Anthony discusses the importance of movement and exercise in The Healing Path, which you can access for free at <http://www.medicalmedium.com/healingpath>. Movement is critical for healing, but it doesn't have to be vigorous exercise or even gentle exercise if we are bedridden. There's other ways to be moving which he explains in The Healing Path. If you are able to do some physical movement, then some gentle exercise daily is ideal. A very gentle and supportive option for chronic illness is the Pocket Gym system which you can find at <http://pocketgym.com/>. It helps to keep the muscles active with simple, no impact movement that most people of any age can do. Walking is one of the best and most therapeutic forms of exercise we can do. Riding a bike is also wonderful. If you're able, jumping on a rebounder (mini-trampoline) is fantastic for supporting detoxification. This model is particularly excellent for safety, sturdiness, and lymphatic system health - <http://amzn.to/2kXGaXX>. How much exercise to do is different for everyone based on their health conditions, physical ability, and time available. Even 15-20 minutes a day is a powerful support for health. If you feel healthy and have the time, you can walk for up to 1 hour a day, or even more. It's best to choose gentler exercises while healing versus doing long runs or strenuous workouts.

QUESTION: What is the cause of cherry angiomas?

ANSWER: Cherry angiomas can result from a liver that has become sluggish and overburdened from a virus in the human herpes virus family. It's essential to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. It's also critical to significantly lower the fat in your diet to allow your liver to heal. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. If you are willing, a period of time without any or very minimal fat, like in the 28 Day Healing Cleanse in the book Medical Medium, could be very helpful. You can do the cleanse for longer too if you wish. The liver healing information in the radio show at <https://soundcloud.com/medicalmedium/healing-your-liver> is also relevant. Some of the most helpful foods for cherry angiomas include asparagus, artichokes, radishes and their greens, wild blueberries, bananas, grapes, lemons, limes, celery juice, pears, grapes, spinach, kale, potatoes, sprouts and microgreens. Helpful supplements you can consider include licorice root, red clover blossom tea, chaga extract, nettle leaf, lemon balm, cat's claw, Hawaiian spirulina, and barley grass juice powder. You can find Anthony's preferred sources for these supplements at www.medicalmedium.com/preferred/supplements.

QUESTION: I find I sleep poorly and/or my symptoms get worse when there's a full moon. Why would that happen?

ANSWER: Similar to what I covered in the answer for Seasonal Affective Disorder, there are certain outside influences that can intensify the symptoms of a sensitive person, including the full moon. However, it's not the outside influences themselves that cause the symptoms. There are pre-existing underlying health issues that are there for other reasons (read about The Unforgiving Four in Life-Changing Foods) which someone can feel more strongly in the face of

outside shifts in weather, habits, the moon, and more. The moon has a subtle gravitational pull which is strongest during a full moon. If you are already very sensitive, you may feel the effects of this gravitational pull with some insomnia or worsening of your symptoms. It's especially important to take great care of yourself and your loved ones who are sensitive during this time. Adrenal grazing every 2 hours as described in the book *Medical Medium* is critical. Consuming some glucose and mineral salts before bed can also be very instrumental in helping your brain and body to settle into sleep and perform its normal functions overnight. Coconut water is especially helpful and can be sipped throughout the night if you are struggling to sleep. Mango before bed is an incredible sleep aid. Steamed or baked Japanese sweet potatoes with some avocado can also be extremely helpful. Other good choices include papaya, pear, raw honey, and steamed regular potatoes. Raw honey on top of steamed potatoes is very comforting! You can eat these foods alone or with some celery. Full moon nights are also a great time to pray to the Angel of Sleep for her help. She can be there for you to help you get the best sleep you can. Even if you still sleep poorly, she would have been there helping it to be the best it can be. Helpful supplements can include melatonin, Pharma GABA, magnesium threonate (Neuro Mag), magnesium glycinate, lemon balm tea, raspberry leaf tea, ginger tea, and kava kava. You can find Anthony's preferred sources for these supplements at www.medicalmedium.com/preferred/supplements. These nights are also a great time to get off technology, dim the lights, diffuse some lavender essential oil, and allow for extra relaxation before bedtime to prepare yourself for an easier transition into sleep. Keeping your diet especially clean and free from the Foods Not To Eat around full moons is also important.

QUESTION: What is the cause of Sensory Processing Disorder?

ANSWER: Sensory Processing Disorder is caused from heavy metal toxicity. It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book *Medical Medium* and the Foods To Avoid from the book *Life-Changing Foods* and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. There are other foods listed in *Life-Changing Foods* that are helpful to include, like radish greens, parsley, and more.

QUESTION: What is the root cause of Alzheimer's disease?

ANSWER: Alzheimer's disease is caused from heavy metal toxicity, most commonly mercury poisoning. It's critical to consume the five foods required to detoxify heavy metals from the body daily. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>. It's also essential to remove the Foods Not To Eat from the book *Medical Medium* and the Foods To Avoid from the book *Life-Changing Foods* and to lower the fat in your diet to help your body to effectively detox the heavy metals. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. You can use these same strategies now to help prevent Alzheimer's later in life. There are other foods listed in *Life-Changing Foods* for Alzheimer's that are helpful to include, like radish greens, parsley, and more.

QUESTION: What is the cause of sarcoidosis?

ANSWER: Sarcoidosis is caused by Epstein-Barr virus. It's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for breast cancer and EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28 day Cleanse in the book Medical Medium would be wonderful to consider doing.

QUESTION: What causes excess mucus production?

ANSWER: When it's not due to a common cold or flu, excess mucus production can many times be caused by a streptococcus infection. It's critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. You can refer to the healing foods in Life-Changing Foods for streptococcus. You can also learn more about streptococcus in the radio show at <https://soundcloud.com/medicalmedium/streptococcus-revealed>.

JANUARY 2017 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What's the difference between the zinc picolinate and zinc sulfate Anthony recommends?

ANSWER: Both of the preferred zincs you can find at <http://www.medicalmedium.com/preferred/supplements>

are excellent quality and helpful. The liquid zinc sulfate is especially effective. It immediately enters the lymphatic system and begins to help kill off viruses, strengthen the immune system, support the thyroid, pancreas, and adrenal glands, and more. It's the ideal zinc to use at the first signs of a cold or flu, and ideally for everyday use for most people. Not everyone can tolerate the liquid zinc sulfate right away. In these cases, the zinc picolinate is the next best option to support the immune system and organs. It's typically best to start with a small amount of the zinc sulfate and see how it feels for you, and then work up the dosage yourself or with your health practitioner. If you feel nauseous, you can have it after food. If the zinc sulfate doesn't feel like the right one for you, you can try the zinc picolinate. If you are very sensitive, it's helpful to work with a health practitioner to get your dosages right for you.

QUESTION: Is drinking water from plastic bottles bad? What's the best choice for water?

ANSWER: Plastic can leach into your water so whenever possible, it's helpful to use a filtration system in your home versus relying on water in plastic bottles. Anthony likes the Berkey water filter which you can find at <http://www.medicalmedium.com/preferred/kitchen>

. You can take water filtered through your Berkey with you on the road or to work. When you are traveling or away from home, you can also purchase bottled water in a higher quality plastic that is BPA free. One good example of higher quality plastic is the BPA free PET (polyethylene terephthalate) plastic used by the brand Fiji Water. You will find a #1 code at the bottom of the bottle which shows it's PET plastic. You can look for this same code on other bottles to see which brands use better quality plastic.

QUESTION: What's the cause of Ankylosing Spondylitis?

ANSWER: Ankylosing Spondylitis is typically a result of the Epstein-Barr virus in combination with heavy metal poisoning. Following the EBV protocol from the book Medical Medium consistently

along with adding the heavy metal detox foods daily is critical. You can read about the five foods to include and get a simple smoothie recipe to include them at www.medicalmedium.com/blog/heavy-metal-detox-smoothie

. You can also learn more about heavy metal poisoning at <http://www.medicalmedium.com/blog/heavy-metal-detox>

. You can also learn more about EBV at www.medicalmedium.com/blog/epstein-barr-virus-revealed

. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods.

QUESTION: If I have multiple conditions but can only afford a few supplements, how do I choose which ones to take? Should I rotate them or stay on the same ones?

ANSWER: The supplements listed at the top of the Healing Supplements lists for any condition in the book Medical Medium (<http://www.medicalmedium.com/book>

) are the most important. If you have multiple conditions and symptoms, you can see if there is a common cause to some of them, like Epstein-Barr virus, Shingles virus, or heavy metal toxicity. If there's a common cause, you can consider taking a few of the top listed supplements for that condition to start. You can certainly rotate supplements if you wish, although there are some like the B-12 with adenosylcobalamin and the zinc sulfate that can be helpful long term (you can find preferred brands for these supplements at <http://www.medicalmedium.com/preferred/supplements>

). You can hear Anthony talk about some helpful core supplements at <http://www.medicalmedium.com/blog/are-supplements-necessary>

. Supplements are so individual that it can be best to take the book to your health practitioner and ask them to help you. You can also find some practitioners on our website who you could contact for support if you wish at www.medicalmedium.com/practitioner-referrals

QUESTION: How can I help myself heal from a common cold or flu?

ANSWER: When you come down with a cold or flu, there's some simple tools that can help speed up the healing process. As soon as possible, you can take zinc sulfate and Ester C if that feels right for you. Vitamin C and zinc are excellent supports to your immune system and can help you prevent getting sick with a bug or shorten the time you are ill. Some other helpful herbs and supplements that you can consider taking include sovereign silver, elderberry, echinacea, goldenseal, lemon balm, cat's claw, mullein, and lomatium root. You can find preferred brands for these supplements at <http://www.medicalmedium.com/preferred/supplements>

. You can also read about some of these herbs in detail in the book Life-Changing Foods at www.medicalmedium.com/life-changing-foods

and there's also information on the blog at the following links:
<http://www.medicalmedium.com/blog/lemon-balm>

<http://www.medicalmedium.com/blog/elderberries>

<http://www.medicalmedium.com/blog/goldenseal-root>

<http://www.medicalmedium.com/blog/echinacea>

<http://www.medicalmedium.com/blog/mullein>

<http://www.medicalmedium.com/blog/lomatium>

It's extremely helpful to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods when you have a cold or flu so you can allow your body to heal as quickly as possible. It's also essential to stay properly hydrated. Drinking lots of fluids like lemon or lime water, coconut water, fresh fruit and vegetable juices, and herbal teas is critical. If you have a fever, it's best to stick to liquids as much as possible versus eating solid foods. The above liquids plus Healing Broth is ideal until your fever breaks

- <http://www.medicalmedium.com/blog/healing-broth>

. Some of the best flu and cold-fighting foods are garlic, ginger, turmeric, onions, and the aromatic herbs listed in Life-Changing Foods. The Turmeric-Ginger Shot recipe in the book is exceptional as a remedy for helping yourself or loved ones recover from a bug. You can sip on it all day. Of course getting as much rest as possible is also important.

QUESTION: I've heard that when you heal, your most recent symptoms heal first and your earliest symptoms and conditions will be the last to heal. Is this correct?

ANSWER: No, this is not correct. Healing doesn't follow any particular pattern that we can understand. The body uses its infinite intelligence to heal us as it deems best. This means that the healing process won't be linear and it will seem random to us as we simply can't understand exactly how the body is working. What we can know and trust is that our bodies are always working hard for us and love us unconditionally. Our bodies never take a break from their work healing us. Remembering this as you move through the sometimes difficult to understand process of healing can be very helpful.

QUESTION: What is the cause of Addison's disease?

Addison's is not just an adrenal issue as is commonly believed. The symptoms commonly labeled as Addison's disease (also called 'Adrenal Insufficiency' occur because of a pathogen (and often other toxins) that have affected the adrenals, liver, thyroid, and central nervous system. Following the EBV information in Anthony's book Medical Medium, plus eating the foods in Life-Changing Foods along with the protocol for EBV could be helpful for this condition. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The grazing eating technique described in the Adrenal Fatigue chapter of Medical Medium is essential for Addison's. You can find some more examples of Adrenal Snacks in this video - <https://www.youtube.com/watch?v=efiULkG17Qw>

. It's also very important to focus as much as your diet as possible on fresh fruits, leafy greens, and vegetables, and keep your diet lower in fat. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're

plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Celery juice is also very helpful in recovering the adrenals, liver, thyroid, and central nervous system. You can read about how it works and how to drink it in the book Medical Medium also. The 28 Day Healing Cleanse in the book Medical Medium could be very helpful for Addison's disease. If it feels right, you could do the cleanse for longer. Take it one step at a time and allow time for healing to occur.

QUESTION: You include a number of recipes for healing tea blends in your book Medical Medium. How much of these blends should I drink daily?

ANSWER: In Medical medium, Anthony provides exact recipes for healing tea blends for a variety of purposes. He includes tea recipes for:

Anti-Chlorine/Anti-Fluoride Tea

Anti-Pesticide/Anti-Herbicide/Anti-Fungicide Tea

Anti-Plastics Tea

Anti-Cleaning Solvents Tea

Anti-Radiation Tea

All of the recipes call for one tablespoon of the herb blend per one cup of water. This is a great amount to start with daily. If that feels fine to you over a couple of weeks, you may wish to consider drinking two, three, or four cups a day. Everyone is different and it also depends how strongly you brew your tea. Tea made by pouring water over the herbs and steeping for five minutes won't be as strong as tea made by simmering the herbs in water for 30 minutes or more and then straining, but both methods are fantastic. Starting with one tablespoon of herbs in one cup of water and slowly adding more if desired over time is usually the best strategy.

QUESTION: What is the cause of Lichen Sclerosus?

ANSWER: Lichen Sclerosus is caused by a chronic systemic low grade streptococcus infection. It's critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. You can refer to the healing foods in Life-Changing Foods for streptococcus. You can also learn more about streptococcus in the radio show [athttps://soundcloud.com/medicalmedium/streptococcus-revealed](https://soundcloud.com/medicalmedium/streptococcus-revealed)

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QUESTION: Do I need to have my skin exposed to the sun to receive it's healing benefits or can it still provide healing benefits through clothing?

ANSWER: It is best to have some skin exposed to the sun where possible. In the warmer months, just 5 minutes of sun on a part of your skin is very helpful. During winter, when you are bundled up in lots of clothing to keep warm, it could just be on your face or hands for whatever time you can catch some sun directly on your body or through a window when sunlight is streaming in. You can call on the Angel of the Sun to open up your body's cells to receive the sun's healing properties also.

QUESTION: What is the cause of Seasonal Affective Disorder (SAD)?

ANSWER: The symptoms known as SAD are caused by existing underlying health conditions that can worsen over winter (or other seasons). When someone is very sensitive due to underlying health conditions caused by viral and bacterial infections, heavy metal toxicity, pesticides and more (read about The Unforgiving Four at <http://www.medicalmedium.com/blog/unforgiving-four>

and in detail in Life-Changing Foods - <http://www.medicalmedium.com/life-changing-foods>

), they can be sensitive to any changes, including the weather. This hyper-sensitivity can lead to worsened symptoms when there are shifts in temperature and weather conditions like rain and snow. In addition, sun exposure strengthens the absorption of all nutrients in our bodies, so if someone has underlying health issues and deficiencies, the decreased sun exposure in winter can mean they don't have the benefit of the fortifying support the sun provides at other times of the year. The symptoms associated with SAD can also be triggered by other factors which can worsen existing health conditions. Winter is often a time when people eat richer comfort foods, which can burden the body more than usual and lead to an increase in symptoms. For people in the northern hemisphere, winter is the time when there are many holidays and that typically means more rich food, alcohol, late nights, stress, and emotions. These factors can trigger a worsening of symptoms that then get referred to as SAD, even though they have nothing to do with the weather or season. While SAD is most common in winter for these reasons, SAD-labeled symptoms affect people in every season, including summer, which shows that it's about more than just weather or timing. Applying the healing information Anthony gives in his books Medical Medium (<http://www.medicalmedium.com/book>

) and Life-Changing Foods (<http://www.medicalmedium.com/life-changing-foods>

) is central to healing from SAD symptoms.

QUESTION: What is the cause of anemia and what can I do to help it?

ANSWER: Anemia, which is iron deficiency, is typically caused by an underlying chronic viral infection from Epstein-Barr virus. When a woman contracts mononucleosis, she will become iron deficient from the Epstein-Barr virus. As EBV travels into the spleen, liver, and bone marrow, it affects the health of the blood and can also interfere with the accuracy of blood tests. The popular remedy for anemia is to take iron supplements, however they are not all created equal and it's important to know which are the most helpful. Here is a direct quote from Anthony's book Medical Medium to offer further explanation: "Even though iron in the right amounts is good for you, viruses love to feed on this metal. Almost all cases of anemia are caused by a low-grade viral infection. You should therefore avoid iron supplements that are not plant-based. Increase your iron naturally by eating spinach, barley grass juice powder, Swiss chard, squash, pumpkin seeds, asparagus, sulfur-free dried apricots, and other vegetables and fruits with relatively high amounts of iron." Pg. 287, Medical Medium - <http://www.medicalmedium.com/book>

. These foods, along with other fruits, leafy greens, herbs, sprouts, and vegetables contain iron, however it is the helpful trace mineral form of iron. Plus, these foods also contain anti-viral properties that support healing from a viral infection. As you heal from Epstein-Barr virus, your iron levels can restore from the iron-rich foods and plant-based supplements you are consuming.

QUESTION: The frozen wild blueberries I purchase look white inside, not blue. Does this mean they are conventional blueberries instead of the wild ones Anthony says are better for us?

ANSWER: All plants in nature vary from plant to plant. Different weather and environmental conditions, locations, farmers, and the fact that every plant is unique just like every human is means that there will be little differences across the same variety of plant. No two apples are the same, nor are two potatoes. The same is true for wild blueberries. The inside of wild blueberries will be a shade of blue, but not always the same shade. Some are a richer, darker blue, others are a more pale blue. The difference in the shades of blue has no impact on the nutrient and healing value of wild

blueberries. They are all exceptional. As long as your wild blueberries are the smaller, wild blueberries, and not the more well known, larger, cultivated blueberries that are truly white inside, you will be gaining the many benefits these wild berries offer us.

QUESTION: What causes diverticulosis (also called diverticulitis)?

ANSWER: Diverticulosis can be caused by an e. Coli and/or Streptococcus infection. It's critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. You can refer to the healing foods in Life-Changing Foods for these conditions. You can also learn more about streptococcus in the radio show at <https://soundcloud.com/medicalmedium/streptococcus-revealed>

QUESTION: What can be done to help body odor?

ANSWER: A very strong, chronic body odor typically means the person doesn't have enough hydrochloric acid and has ammonia permeability (read about this in the book Medical Medium). This results in food not being properly broken down which can lead to a strong body odor. The person will typically also have a liver issue, and their spleen, stomach, and gastrointestinal lining could also be overloaded with toxins. Anthony talks about how to heal your liver in his radio show at <https://soundcloud.com/medicalmedium/healing-your-liver>

. It would be very helpful to follow the advice shared in this show. It's also very important to focus as much as your diet as possible on fresh fruits, leafy greens, and vegetables, and keep your diet lower in fat. For example, if you eat a paleo diet you can reduce your fat intake by 50% and increase your fruits and veggies to keep your calories sufficient, or if you're plant based you can reduce your plant fats by 50% and increase your fruits and veggies. Celery juice is also extremely important to restore hydrochloric acid and heal ammonia permeability, which is what really causes the symptoms often said to be leaky gut or intestinal permeability today. You can read about how it works and how to drink it in the book Medical Medium also. The 28 Day Healing Cleanse in the book Medical Medium could be very helpful for this problem. However, someone can also have a strong body odor as they detox and poisons pour out of their body. Vitamin C can be very helpful at grabbing onto these toxins and assist in minimizing odor. Drinking 16oz of straight cucumber juice on an empty stomach daily can also help to remove the toxins circulating in the body. If the person needs to be in public it's very important to detox slowly. They can slowly work towards the Healing Cleanse at their own pace or simply add in more celery juice, fruits, leafy greens, and veggies as they can.

QUESTION: What is the cause of bursitis?

ANSWER: Bursitis is typically caused by the Shingles virus. Eating the foods in Life-Changing Foods along with the protocol for Shingles in the book Medical Medium are helpful for this condition. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. Shingles is especially responsive to emotional stress so asking the Angels for assistance and doing the Soul-Healing Meditations from Medical Medium would be helpful. The information in this radio show will also be helpful
- <http://www.medicalmedium.com/blog/shingles-virus>

. Turmeric, the supplement curcumin, and nettle leaf can be helpful for pain management also.

DECEMBER 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What is the cause of breast cancer?

ANSWER: Breast cancer can be caused by the Epstein-Barr virus (EBV). Radiation exposure can contribute as well. It's very important to follow the EBV protocol from Anthony's book Medical Medium and add in the healing foods from Life-Changing Foods for breast cancer and EBV. It's also critical to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. The 28 day Cleanse in the book Medical Medium would be wonderful to consider doing. It's also extremely helpful to focus on antioxidant rich foods like wild blueberries, other wild berries, raspberries, blackberries, and pomegranates, as well as the other foods listed in the books for EBV and breast cancer. Breast cancer comes from later stage EBV so do your best to incorporate the protocol as your lifestyle while you heal. For radiation, it's very helpful to read the information on radiation on pages 6-7 of the book Life-Changing Foods. The Anti-Radiation tea in the book Medical Medium would be helpful addition to your daily routine along with eating apples, figs, avocado, aloe in the form of aloe water www.medicalmedium.com/blog/aloe-water

, artichokes, wild blueberries, kiwi fruit, cauliflower and Atlantic sea vegetables eaten together (especially dulse and kelp), and many more. Peruse through Life-Changing Foods to learn about all the foods that support removal of radiation from the body and protection for further exposure.

QUESTION: What is the cause of an enlarged prostate?

ANSWER: An enlarged prostate is also caused by Epstein-Barr virus. The information given above for EBV applies for this condition also.

QUESTION: What causes dandruff?

ANSWER: Dandruff is caused by a liver that is overloaded with toxins from viruses and their byproducts, heavy metals, pesticides, and other chemicals and toxins. Anthony talks about how to heal your liver in his radio show at <https://soundcloud.com/medicalmedium/healing-your-liver>

. It would be very helpful to follow the advice shared in this show. It's also very important to focus as much as your diet as possible on fresh fruits, leafy greens, and vegetables. The 28 day Cleanse in the book Medical Medium would be very helpful for this condition, especially for an extended amount of time if you're able to. Some of the best foods for dandruff include wild blueberries, papaya, celery juice, asparagus, cucumber juice and cucumbers, and sweet potatoes. Eating a diet low in fat is highly important for healing the liver. As you lower your fat intake (from animal or plant sources), your liver is able to start dumping out the toxins inside it and begin healing. Dandruff can be one of the last symptoms to go for some people, so if you have a lot of conditions and symptoms to heal, keep going with your protocol and keep the faith.

QUESTION: How can I tighten my skin and prevent further sagging?

ANSWER: The best foods and supplements for someone with sagging skin or someone who wants to tighten or improve their skin include asparagus, papaya, mango, aloe water (read how to take it at <http://www.medicalmedium.com/blog/aloe-water>

), nettle leaf tea, and the supplements MSM, silica (both living silica and MegaHydrate forms are helpful), Hawaiian spirulina, and barley grass juice extract powder. The highest quality brands Anthony prefers can be found at www.medicalmedium.com/preferred/supplements

. Including these foods and supplements daily or as often as possible along with a clean diet free of the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods is very helpful for sagging or damaged skin. It's also critical to eat plenty of fresh fruit because of its high antioxidant content which is key for keeping us youthful. Hydration is another key factor, especially drinking "living water", which Anthony speaks about in The Healing path at <http://www.medicalmedium.com/healingpath>. You can add life back into your water by adding fresh lemon or lime juice to it, or placing it in the sunshine to activate for 20 minutes or more.

QUESTION: Are colonics helpful?

ANSWER: Colonics can be helpful for some people if they are very constipated, however for many people who have sensitive central nervous systems from viruses, heavy metals, and other toxins, it can be best to hold off on colonic hydrotherapy. Every person will be different so it's a personal decision you can make with your health practitioner if you are interested in this treatment.

QUESTION: I have itchy ears. Nowhere else is itchy, just my ears. Is this a fungus?

ANSWER: Itching on the outside of the ears is typically a variety of eczema, not a fungus. There are over a hundred varieties of eczema that haven't been discovered by medical science and research, so the true cause of many conditions are not understood either. Anthony did a fantastic radio show on healing eczema which you can listen to at <http://www.medicalmedium.com/.../healing-acne-eczema-psoriasis>. Apply the healing steps in this radio show and give it time for healing to occur. It's especially important to remove the Foods Not To Eat from the book Medical Medium and the Foods To Avoid from the book Life-Changing Foods. If the itching is inside the ear, it's typically from an allergy to a certain food. It would be helpful to remove the foods above in this case also, and if possible, do the 28 day Healing Cleanse from Medical Medium. If you wish after the cleanse, you can add back in other foods (excluding the Foods Not To Eat and Foods To Avoid) and see if you respond negatively to any of those foods. It's important to note that food allergies and intolerances don't always result in symptoms immediately. They can happen for 10 days after eating a food you have an allergy to so it's important to take this process slowly and one food at a time if possible.

QUESTION: Is it important to soak nuts in water before eating them to remove the phytic acid?

ANSWER: Soaking nuts in water before eating them is not as necessary as is commonly thought. It's only helpful for people who have very weak digestive strength, and even then it's not always helpful. The common belief is that soaking nuts in water removes the phytic acid in nuts, making them more digestible. Phytic acid can be irritating to some very sensitive people so soaking the nuts to reduce the phytic acid can be helpful in this instance, but for the majority of sensitive people who feel better eating soaked versus plain nuts, it's really that soaking the nuts make them softer, and therefore easier to digest, breakdown and assimilate. This is why some people find nut butters easier to digest than whole nuts. If you feel you struggle with digesting nuts, you can try soaking them for yourself and see how it feels for you. The most helpful step you can take to maximize digestibility of nuts is to eat them raw, not roasted, and to eat only a small amount. Nuts are a very dense food and a little goes a long way. Snack on a few or a small handful as you wish alongside water-containing foods like celery and cucumber versus a whole cup or bag. The best choices for nuts are raw pistachios, walnuts, macadamia nuts, brazil nuts, almonds, and cashews. Seeds are often better digested than nuts also. Top choices are pumpkin seeds, hemp seeds, chia seeds, and sesame seeds.

QUESTION: What is the cause of dysautonomia?

ANSWER: Dysautonomia is the result of multiple factors affecting the body which together result in the symptoms labeled as dysautonomia. These factors include a viral infection, typically Epstein-Barr virus or Epstein-Barr virus plus Shingles virus, along with heavy metal toxicity. These two factors together worsen symptoms because viruses feed off heavy metals and become stronger. Very often there's also adrenal health issues due to the virus/es affecting the liver which has in turn impacted the adrenals. I recommend reading or re-reading the information in Life-Changing Foods titled The Unforgiving Four on pages 5-10 to better understand how these factors work separately and together. This is key information for almost every illness and symptom people experience today. Eating the foods in Life-Changing Foods along with the protocols for EBV, Shingles, heavy metal toxicity, and adrenal health in the book Medical Medium are helpful for this illness.

QUESTION: In the book Life-Changing Foods, it says "Potatoes can absorb and help diminish the negative effects of wireless Internet signals, cell phone signals and emissions, and other electromagnetic fields (EMF). They can even soak up and neutralize the negative emotional energy we sometimes pick up during the day and bring home with us. To tap into this feature of potatoes, select one to keep out in a bowl on the kitchen counter or elsewhere in your home. Discard the

potato every five to seven days (don't eat it) and replace it with a fresh one." What do I do with the rest of the potatoes I want to eat?

ANSWER: Potatoes intended for eating are best stored in the fridge. When potatoes are stored on a counter or where they are exposed to light they can turn green and become toxic. However, you do want to keep one potato out of the fridge if you'd like it to use it for the purpose above.

QUESTION: What is the cause of Ehlers-danlos syndrome?

ANSWER: Ehlers-danlos syndrome is caused by the Epstein-Barr virus constricting blood vessels and inflaming the connective tissue around bones, joints, and ligaments. It would be helpful to bring in the healing steps in the EBV chapter in Anthony's book Medical Medium, and also apply the information in this radio show <http://www.medicalmedium.com/.../epstein-barr-virus-revealed> 😊

□ For your digestive issues, drinking celery juice and aloe water daily, and eating papaya daily or as often as possible, can be helpful.

NOVEMBER 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: What causes teeth grinding?

ANSWER: Teeth grinding can be caused by a viral infection like the shingles virus (you don't need to have a rash to have shingles), or heavy metal toxicity. Emotional struggles also worsen teeth grinding. It's helpful to consistently apply the Shingles protocol (more info in the books Medical Medium and Life-Changing Foods and at <http://www.medicalmedium.com/blog/shingles-virus>) and Heavy Metal Detox protocol (which you can find in the book Medical Medium and at www.medicalmedium.com/blog/heavy-metal-detox-smoothie). It's also very helpful to do the Soul Healing Meditations from the Medical Medium book and pray to the Angels in the same book that resonate with you.

QUESTION: I get very cold when I eat lots of juices, smoothies, and fresh fruits and vegetables. Should I still eat raw fruits and vegetables in the winter?

ANSWER: Fresh fruits, vegetables, and leafy greens are among the most healing foods we can eat, no matter what season it is or if it makes us cold. It's normal to get a bit cold when you eat fresh fruits and vegetables during the winter, but there's ways to make it more tolerable. Also, you can become less cold over time as you heal because health conditions can impact temperature regulation. If you're feeling very cold, drinking hot herbal teas all day like ginger tea, thyme tea (<http://www.medicalmedium.com/blog/thyme-tea>), lemon balm, and raspberry leaf tea (or any herbal tea you like) can be very helpful. It's also important to make sure you're eating enough calories and eating every 1.5 to 2 hours. The Healing Broth on the blog is a wonderful warming broth to sip on when you are cold that will also replenish you with plenty of minerals - <http://www.medicalmedium.com/blog/healing-broth>. Winter or when you're feeling extra cold is also a good time to enjoy bowls of steamed vegetables and soups at dinnertime, perhaps alongside a beautiful fresh salad. Steamed potatoes, winter squashes, cruciferous vegetables, whatever you like. There are many delicious warming recipes in Life-Changing Foods. You can also try these two soup recipes on the blog - <http://www.medicalmedium.com/blog/zucchini-soup> and <http://www.medicalmedium.com/blog/sweet-potato-soup>. If you are doing the 28 day Healing Cleanse and omitting cooked food for now, you can add more warming foods and spices to your food like cayenne pepper, ginger, cinnamon, cardamom, chili pepper, cumin, and curry powder, along with sipping on hot herbal teas and healing broth over the day to stay warm. You can also eat your fruits and veggies at room temperature by letting them sit

outside of the fridge before eating to help.

QUESTION: What is helpful for acid reflux?

ANSWER: It's very important to remove the Foods To Avoid from Life-Changing Foods and Foods Not To Eat from Medical Medium, and replace them with far more fresh fruits, leafy greens and vegetables to alkalize your system. Adding in 16oz of straight celery juice on an empty stomach in the morning every day can do wonders, and you can even add another 16oz glass of the juice before dinner on an empty stomach if you wish. Adding aloe water into your daily routine is also a wonderful healing tool for acid reflux.

QUESTION: What is the cause of Myasthenia Gravis?

ANSWER: Myasthenia Gravis is typically a result of the Epstein-Barr virus in combination with some heavy metal poisoning. Someone may have only a little bit of heavy metal poisoning or a lot, but any amount will strengthen the virus in the body and in combination can result in the symptoms of Myasthenia Gravis. Following the EBV protocol from the book Medical Medium consistently is the more important step for this condition, along with adding the heavy metal detox foods daily which you can read about at www.medicalmedium.com/blog/heavy-metal-detox-smoothie. You can also apply the information at www.medicalmedium.com/blog/epstein-barr-virus-revealed.

QUESTION: My tongue has turned black since starting the MM protocols. What is causing this?

ANSWER: It's not uncommon for the tongue to turn black as you detoxify heavy metals and chemicals with the information Anthony shares in his books and radio shows. The tongue will return to a healthy color as the toxins leave your system. It takes time for all of these poisons to leave the body, so it's best to keep going with the steps you are taking for at least six months to a year after you are symptom-free, or if you wish.

QUESTION: What causes warts and can they go away?

ANSWER: Like the skin tags I addressed last week, warts are the result of a liver that is filled with toxins. It could be many different kinds of toxins, like those created by a pathogen in the liver, heavy metals, chemicals and pesticides, and more. Warts can be healed. The best approach for a very overburdened and hard working liver, is to support the organ by focusing as much as possible on a plant based diet that is low in fat. Once you've recovered, you can choose the healthiest diet that you feel is right for you. It's also important to eliminate gluten containing grains (or all grains if you wish), eggs, dairy, canola oil, soy and corn. The 28 Day Healing Cleanse in the book Medical Medium is ideal for warts. You can also support your liver by adding in 16-32oz of lemon water first thing in the morning after waking, then 16oz of celery juice 20-30 minutes later, and bringing in teas that support the liver daily like burdock root tea, dandelion tea, nettle leaf tea, and raspberry leaf tea.

QUESTION: What causes skin tags and can they go away?

ANSWER: Skin tags are the result of a liver that is filled with toxins. It could be many different kinds of toxins, like those created by a pathogen in the liver, heavy metals, chemicals and pesticides, and more. Skin tags can be healed. The best approach for a very overburdened and hard working liver, is to support the organ by focusing as much as possible on a plant based diet that is low in fat. Once you've recovered, you can choose the healthiest diet that you feel is right for you. It's also important to eliminate gluten containing grains (or all grains if you wish), eggs, dairy, canola oil, soy and corn. The 28 Day Healing Cleanse in the book Medical Medium is ideal for skin tags. You can also support your liver by adding in 16-32oz of lemon water first thing in the morning after waking, then 16oz of

celery juice 20-30 minutes later, and bringing in teas that support the liver daily like burdock root tea, dandelion tea, nettle leaf tea, and raspberry leaf tea.

QUESTION: I struggle to find or can't afford organic produce. What can I do?

ANSWER: In the free course The Healing Path, Anthony address this question in the FAQ's. You can sign up for the course at <http://www.medicalmedium.com/healingpath> and get the information he gave there, plus lots more healing information and recipes. The best way to wash conventional (non-organic) produce is to use an unscented natural dishwashing liquid. You can find a recommended brand at <http://www.medicalmedium.com/preferred/kitchen>

QUESTION: Is the Blood Type Diet helpful?

ANSWER: The Blood Type Diet is helpful because it eliminates processed foods, so some people get results because their diet is better. However it is not true that certain blood types should eat certain meats and others certain fruits or vegetables while ignoring others. All fruits, leafy greens and vegetables are beneficial foods, although some are especially helpful for certain conditions and symptoms like Anthony shares in his new book Life-Changing Foods.

QUESTION: What causes Erectile Dysfunction?

ANSWER: Erectile dysfunction can be caused by a number of possible things, including:

1. Really low testosterone and very high estrogen
2. Heavy metals in the area of the brain that sends the message to the nerves to become erect
3. Cognitive/emotional issues that affect erectile function

Helpful first steps would be removing dairy and eggs, eating plenty of fruit, especially wild blueberries, including the 5 heavy metal detox foods (www.medicalmedium.com/blog/heavy-metal-detox-smoothie), focusing on very clean animal food sources if you choose to eat them (ideally once per day or less while healing), and working with some of the soul healing meditations from the Medical Medium book regularly. .

OCTOBER 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: I can't tolerate most of the healing fruits and vegetables recommended. What should I eat?

ANSWER: When someone thinks they don't tolerate certain healing foods, usually it's because they feel discomfort or symptoms of some kind after they consume it. This doesn't necessarily mean you have an intolerance to the healing food, but rather that you have sensitive nerves and other health conditions that you feel when you eat the very foods that bring healing to the body. Anthony discussed food allergies and sensitivities in detail in his recent radio show which you can find here:<https://soundcloud.com/medicalmedium/healing-from-allergies>. I highly recommend listening to it a few times over as it contains so much new information that he brings to light for the first time. If you are eating healing foods but are feeling too much discomfort, you can reduce the amount of them you eat, or leave certain ones out entirely for now, bringing them back in again later as you heal. Some symptoms and discomfort is normal and expected as you change your diet and supplements and heal, especially if you have particularly sensitive nerves and so many people do. But this experience is different for everyone and has to be adjusted individually. If you are too uncomfortable or symptomatic, you can focus just on the healing foods that do feel

comfortable enough for you and take it very slow. These foods will be different for everyone. Some of the foods that often feel best for very sensitive people include mango, papaya, cucumber, celery, lettuce, pear, potato, sweet potato, and wild blueberries. It's ok to just eat a few simple foods that feel most comfortable to you for a short time, just try to get some fruit and greens in. You can also just include small amounts of many healing foods and over time increase the amount of them you eat as your body adjust and heals. It's also important to do your best to keep the Foods Not To Eat from the Medical Medium book out of your diet. I know it's not always easy, but if you're including them, you will likely be experiencing symptoms from them because they contribute to illness, which can influence your understanding of whether it's the healing foods or other foods still in your diet that are causing your symptoms.

QUESTION: I am confused about why we would take metals like silver and copper when heavy metals cause so many health issues. Can you please clarify?

ANSWER: There are different types of metals. Certain industrial heavy metals like lead, mercury, copper, cadmium, nickel, arsenic, and aluminum can all build up in the body to create or contribute to illness and hundreds of symptoms, like that used in aluminum foil, copper pipes, or in lead based paints. Then there's certain forms of metals that are different to the poisonous industrial ones listed above. Taking the ionic trace mineral of copper in supplement form and what's naturally present in some foods for example can be healing for the body because this form of natural copper helps remove the toxic heavy metal copper that feeds viruses in the body. Sovereign silver is another incredible supplement option because it kills viruses, bacteria, and other microbes, and helps the immune system. It's important to know these fundamental differences between the types of poisonous metals that harm us, and the trace minerals that can help us.

QUESTION: I have been having bad migraines, and neck, shoulder and jaw pain. I've been following the EBV protocol for a month and seeing improvements, but still have pain. What can I do?

ANSWER: A month on the protocol is fantastic! Congratulations. A month can bring about a lot of changes for some people, but healing chronic issues takes time. Keep going with what you're doing, and also add in the Shingles protocol. Shingles can be the cause of chronic migraines, neck, shoulder, and jaw pain so adding in the suggestions from the Shingles chapter of Anthony's book Medical Medium also could be helpful. Keep going and have faith. Healing is happening, it just takes time to recover from decades of being influenced by The Unforgiving Four (read about these here <http://www.medicalmedium.com/blog/unforgiving-four>), along with any poor food or lifestyle choices we have made, the stress in our lives, and so on.

QUESTION: During the 28 Day Healing Cleanse, is it best to avoid all herbs and supplements, and let the body concentrate on the healing foods?

ANSWER: The cleanse can be done with or without herbs and supplements. It depends on many factors, like your sensitivity level, access to supplements, budget, and more, and really it's an individual choice. It can be very helpful to continue with supplements throughout the cleanse period but if that feels too much for you, then foods alone can bring incredible progress. Any healing steps you take count and can help move you forward.

QUESTION: I can't stand the taste of cilantro. How important is it for me to eat it for the heavy metal detox?

ANSWER: Fresh cilantro (also known as coriander) is very important for heavy metal detox. It's one of the 5 foods that can together remove heavy metals effectively from the body. They work in concert together, each food helping to draw out the heavy metals in various parts of your body and brain, getting them ready for removal. Cilantro is a powerful tool for drawing out very old metals that we have inherited through our blood lines. This is the kind of heavy metal poisoning that's causing problems for so many people today, even from very young ages. If you can't stand the taste of cilantro, you can start with a tiny amount hidden in food. A sprig in a big smoothie, sauce, dressing, guacamole, or another dip. Over time you will be able to keep increasing this amount until you are eating a lot more of it and find the taste more palatable. If you also clean up your diet and cut out the Foods Not To Eat that Anthony lists in Medical Medium, along with adding in more and more of the healing foods (again from Medical Medium and also in his new book Life-Changing Foods), over time as healing occurs you will likely find the taste of cilantro to be less of a problem for you.

QUESTION: What is the true cause of Polycystic Ovarian Syndrome (PCOS)?

ANSWER: PCOS can develop in a woman who has Epstein-Barr virus, especially if she contracts it early in life. The virus gets into the reproductive system and fibroids and cysts develop over time. Following the EBV protocol in Anthony's book Medical Medium, plus adding in the foods he lists for PCOS in the upcoming book Life-Changing Foods like pomegranates, berries, and cherries, is needed. For PCOS, it's especially important to keep all eggs, dairy, and wheat out of the diet, and significantly increase fruits, vegetables, and leafy greens as they have the healing properties that can fight EBV and support healing. If you can also lower animal foods overall temporarily, it can help speed up the healing process. There are some great herbs that can assist with PCOS, like nettle leaf tea, raspberry leaf tea, cat's claw, vitamin C, and zinc. Including these daily is ideal.

QUESTION: I'm having strong salt cravings, but too much salt makes me bloat. How can I address this?

ANSWER: Salt cravings are your body's way of telling you it needs more mineral salts, especially natural sodium. Sodium is critical for our health, we just need to ensure it's the right kind. Bringing in straight celery juice daily is the quickest way to address salt cravings and get different varieties of bioactive sodium and other mineral salts quickly into the body and brain. You can also eat celery with all your meals and snacks over the day to get more mineral salts into your diet. Eating more raw leafy greens is also essential. It's helpful to get into a pattern of thought where every time you eat, see if you can find a way to add some celery or some leafy greens. Even if it's just a few spinach leaves - it all counts. You can refer to the Adrenal Snacks video for more ideas <https://www.youtube.com/watch?v=efiULkG17Qw>

QUESTION: What's the cause of sudden hearing loss?

ANSWER: Sudden hearing loss is typically due to Epstein-Barr virus infection affecting the ears. It can also be from too much exposure to very loud noises. Applying the EBV protocol in Anthony's book Medical Medium is very important, along with taking out the foods in the What Not To Eat chapter of his book. You can also listen to his radio show on EBV here - <http://www.medicalmedium.com/blog/epstein-barr-virus-revealed>

QUESTION: I'm not sure if I have adrenal fatigue. Should I still eat every 1.5 to 2 hours like Anthony discusses in Medical Medium?

ANSWER: Yes, it is helpful for everyone to use the grazing technique Anthony describes in his book. Over 80% of us will experience adrenal fatigue multiple times over our lives, so it can be helpful for healing to follow this practice no matter what. Using the grazing eating method also helps to prevent adrenal fatigue in the future, even if you aren't experiencing any symptoms now. If you feel you have severe adrenal fatigue, it can be helpful to graze every hour. For the rest of us, every 1.5 to 2 hours is great.

QUESTION: I have been experiencing bloating ever since I added more fruits and vegetables. Why might that be happening?

ANSWER: Most people who experience bloating when they eat more fruits and vegetables are already dealing with bloating before they added these foods in. The bloating was there before but when you eat small portions of densely caloric foods with little or no fiber or water, like a piece of chicken, cheese, or a small handful of nuts and you're not eating a lot of fruits or vegetables, you will only notice a small amount of bloating. But when you increase the quantity of water rich, highly fibrous fruits and vegetables in your diet, you will naturally be eating a lot more volume of food, even if it's not more calories. Because you're now eating more volume, the bloating issue you already had will showcase itself more obviously. Also, as your liver starts to cleanse and purge as you add in more fruits and vegetables, which are naturally detoxifying, a lot of poisons flood out of the liver and go into the intestinal tract. As you continue to detox, you can experience some bloating from this, especially if all the fiber from the fruits and vegetables is cleaning old deposits of food out of your intestinal tract and colon. People with digestive trouble already have low hydrochloric acid also, so as poisons dump into the liver, the bloating can feel more noticeable as your body clears out old toxins. The most effective way to build your hydrochloric acid is to drink 16oz of straight celery juice (ideally organic) on an empty stomach every day. Some people can feel a difference in a matter of days or weeks, for others it takes some months or longer. If your past diet from 10, 20, 30, or 40 years ago was filled with processed food, and you start bringing in fruits and veggies, expect some cleansing and readjusting. It's also important to look at what else is in your diet. If you eat more fruits and vegetables but you're still including some of the foods Anthony lists in his What Not To Eat chapter of his book, you'll likely still experience symptoms like bloating because it's much harder for healing to occur with these foods in your diet. These foods need to be removed entirely to not cause further issues. It's also important to look at what you're eating your fruits with. Fruits are so quickly digested that when we eat them with other foods like grains, cooked vegetables, dairy, or animal protein, you can experience bloating. It's best to eat fruits alone or with raw vegetables only. Finally, it takes time to heal. Keep doing your best with the steps Anthony shares and over time healing can happen.

QUESTION: Do I need to eat grains to get soluble fiber as well as insoluble fiber from fruits?

ANSWER: This is a common misconception. The fiber our bodies need for health is in fruits and vegetables, so eating as much of these as possible is optimal. Grains also contain fiber, but it's not a fiber we must get to be healthy. High quality, gluten-free grains like millet, quinoa, brown rice, teff, gluten-free oats, and amaranth can be part of a healthy diet, so enjoy them if you like them, but they

are optional and not necessary for good health.

QUESTION: I've read that certain greens like spinach and kale are high in oxalates, which are apparently toxic. Should I avoid them?

ANSWER: This is a myth that is preventing many people from getting some powerful and needed nutrients and healing properties provided by foods deemed to be high in oxalates. Oxalates are not the concern they are believed to be. There are oxalates in every single fruit and vegetable on the planet. The vast array of nutrients in so-called high oxalate leafy greens are some of the most nutritious available to us. Medical research and science has not discovered that there are anti-oxalates in fruits, vegetables, and leafy greens that prevent the oxalates from causing us the damage the current trend tells us they do. In reality, these foods don't cause us any harm, rather they provide us with critical healing nutrients like phytochemicals, vitamins, and minerals. If you're still concerned with oxalate sensitivity, start with a little bit of lettuce and add in more fruits, greens, and vegetables slowly. Eating leafy greens in their raw state is especially helpful.

QUESTION: I experience a lot of food cravings and often reach for wine, cheese, and chocolate in the afternoon and evening because I crave them so much. How can I begin to overcome this?

ANSWER: There are a number of things you can do to help with these cravings. The most helpful is to bring in a lot more fruit and/or carbohydrate-rich vegetables like potatoes and sweet potatoes. Your body and brain runs on glucose, and when we aren't getting enough, we tend to crave the foods that will quickly get sugar into us, like wine, cheese, and chocolate. Contrary to common belief, cheese is extremely high in sugar because it's a form of highly concentrated lactose, which tends to stay off the radar of the 'sugar police'. It's our body's need for glucose to properly fuel ourselves that's really driving these cravings. Increasing your consumption of fruit, leafy greens, and carbohydrate-rich veggies regardless of the type of diet you subscribe to, whether it's paleo, vegan, vegetarian, or any other type of diet, will help to feed your body and brain the glucose it needs so these cravings will lessen over time. The other factor to consider is how much you're eating. If you are not eating enough, no matter how healthy the foods, you will again find cravings can show up. It's important to feed ourselves with plenty of the right foods, primarily fruits, vegetables and leafy greens, so we are properly nourished and not eating too few calories. A simple way to do this would be to have a big fruit smoothie for breakfast, snack on multiple pieces of fruit up until lunch, add fruit to a big raw vegetable salad at lunch or pile it high with 'vegetable fruits' like tomatoes, cucumbers, avocado, and bell peppers, follow up with fruit or a smoothie in the afternoon, and include some steamed potatoes, sweet potatoes, and/or winter squashes at dinner, or have wild fish or another high quality animal protein with vegetables. You can also sip on lemon or lime water all day with some raw honey to keep your body and brain fueled. If you get a craving for a food like wine, chocolate or cheese, try making a big fruit smoothie (throw some celery or spinach in for an especially effective fuel), or sit down to a steaming bowl of potatoes, butternut squash soup, or baked sweet potatoes topped with avocado for example.

QUESTION: How do I know if I'm healing and how long should I keep going with the protocol to see results?

ANSWER: The healing process for each of us is as unique and different as we all are. That means it will never be the same for any two people. True healing can take time. Many issues can clear quickly, while others can take longer. It depends on so many factors, including your health

conditions, their severity, how long you've had them, stress levels, diet and lifestyle choices, other healing steps you are taking, how consistent you are, which steps you take and which you don't, and more. If you make improvements in any way, like adding in the Heavy Metal Detox Smoothie - www.medicalmedium.com/blog/heavy-metal-detox-smoothie , you will be giving your body the opportunity to heal a bit more. It all counts. If you're making better choices with the correct information that Anthony shares, you will be moving forward in one way or another. It's also important to remember that healing isn't always a linear process, so don't be discouraged if it seems like there's some setbacks. Often it's three steps forward, two steps back, so there may be times when it can feel like we aren't making progress, but in reality we are. Healing can also happen in increments where a lot of progress could be made one month and then small amounts of progress the next month. As symptoms start to improve a bit, or clear altogether, you will know deeper healing has happened. It's helpful to keep working with the healing information Anthony shares until you are free of symptoms, and even then continue for a bit longer. If something helps you to heal, it can be helpful to keep doing for longer too.

SEPTEMBER 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

QUESTION: How can I address high cholesterol?

ANSWER: High cholesterol is caused by a sluggish liver. To help bring cholesterol down, it can be very helpful to lower the animal protein in your diet to once a day, and if you're a vegan lower your nuts, seeds, and oils. When we eat a diet too high in fat, it puts additional burden on the liver which can raise cholesterol. By lowering fats and also removing the Foods Not To Eat from the Medical Medium book, it can give the liver a chance to heal and cholesterol can reduce.

QUESTION: I have heard Anthony recommend lemon water, celery juice, and cucumber juice all on an empty stomach. What is the best way to include these over a day?

ANSWER: The morning is always the easiest time to get these foods in because we have an empty stomach from being asleep overnight. But if the morning doesn't work, you can bring them in anytime over the day when you have an empty stomach. About two hours after your last meal or snack is a good time. We find that first thing in the morning or late afternoon about a half hour before dinner are good times for most people. If you're able to, a wonderful flow would be to have lemon water upon waking (with some raw honey if you'd like), then celery juice 20 minutes later. Then later in the day when you have an empty stomach you can have cucumber juice. If you're only able to get one of these in right now, try the celery juice to start, and then drink lemon water over your day, even if it's near food.

QUESTION: What is the cause of rosacea?

ANSWER: Rosacea is another mystery illness that is not understood by medical science and research. It is actually a type of eczema caused by a liver that is overloaded with toxins. Dermatotoxins are released from the burdened liver and try to come out through the skin. In the process they damage the derma and this is what causes the redness that has been labeled rosacea. The liver of someone with rosacea will be overloaded from toxins from a pathogen that's in the liver, along with extremely high levels of copper, and pesticides. Anthony talks about these factors in his radio show on eczema and psoriasis, and we also have an article on this on our blog. The same

information shared in this radio show and blog post can be applied for someone with rosacea. <http://www.medicalmedium.com/blog/healing-acne-eczema-psoriasis>

QUESTION: I don't have a gallbladder. How should I adjust my diet?

ANSWER: If someone has had their gallbladder surgically removed, it's helpful to keep the fats in your diet very low. That means removing eggs and dairy, and significantly reducing consumption of animal protein, oils, nuts and seeds. Small amounts of avocado or even some seeds like hemp seeds, sesame seeds, or pumpkin seeds are better options. As you reduce or remove these foods from your diet, it's important to make sure you're still eating enough, so increase fruits and vegetables as much as possible. You can enjoy abundant quantities of these, along with the starchy vegetables like potato, sweet potato, pumpkins, and squashes. This will help you keep your calories at a sufficient level to feel energized and nourished. You could also try the 28 Day Healing Cleanse in Anthony's book Medical Medium. You could do the cleanse as it is in the book, or modify it with some cooked vegetables. You could do this for as long as you'd like.

QUESTION: What causes tonsil stones?

ANSWER: Tonsil stones are caused by an old streptococcus infection that's previously infested the tonsils and never fully left. Anthony William just did a radio show on streptococcus that covers this bacteria and how to begin healing from it -<http://bit.ly/2c6uiOv>. To help lower the strep in your body bring in more wild blueberries, lettuces, avocado, onions, garlic, lemon, and orange. It's also critical to stay away from grains, eggs, dairy, soy, and canola oil. Helpful supplements to consider include zinc sulfate, periodic goldenseal, fresh thyme tea, lemon balm tea or tincture, sovereign silver, cat's claw, and lots of vitamin C like Ester C. You can find many of my preferred suppliers of these supplements, herbs and teas at www.medicalmedium.com/preferred/supplements.

QUESTION: What is the cause of Raynaud's syndrome?

ANSWER: Raynaud's syndrome results from toxic blood circulating in the body due to a high viral load in the liver from Epstein-Barr virus. Following the EBV information in Anthony's book Medical Medium, plus the information coming out in his new book Life-Changing Foods, is a great help in addressing this condition. Trying the 28 Day Healing Cleanse in Medical Medium can also help speed up healing from Raynaud's syndrome. If it feels right, you could do the cleanse for longer. Take it one step at a time and allow time for healing to occur.

QUESTION? What is the cause of alopecia?

ANSWER: There's a variety of hormones produced by the adrenals that haven't yet been discovered by medical science and research. One of them is responsible for keeping your hair growing. If your adrenals are lacking in this hormone, it can result in alopecia. This is different to hair loss from other health conditions like thyroid and liver issues. It's very important for someone with alopecia to follow the grazing eating method Anthony discusses in his book Medical Medium, and to eat plenty of wild blueberries. It's also very helpful to consider adding in vitamin C, Hawaiian spirulina, barley grass juice powder, and ashwaganda.

QUESTION: I'm doing the 28 day cleanse from your book Medical Medium but I'm losing too much weight. What do I do?

ANSWER: It's very normal to lose excess weight when you do the cleanse because it detoxifies the liver and other organs. However, many people also just don't eat enough when they do the cleanse as they are not used to eating enough volume of fruits and vegetables to get enough calories. If you were eating chicken, cheese, pork, fish, eggs, milk, and/or grains before the cleanse for example, and then you switch to the 28-day cleanse diet as described in my book, you will naturally be eating far less calorie dense foods. Fruits and vegetables simply don't have as many calories as other foods, so you can't switch a plate of chicken and rice or even chicken and broccoli with the same sized plate of fruit and vegetables and expect to get the same amount of calories. You will likely be eating 1/3-1/5 of the amount of calories. To prevent losing too much weight, you can eat plenty of sweet fruits like bananas, dates, and mangoes, and also include more avocado, some seeds like sesame and hemp, and at dinner include some steamed starchy vegetables like potato, sweet potatoes and butternut squash. Also make sure you are eating every hour and a half to two hours. This will support your adrenals and help keep your body at its optimal weight. Lastly, it takes time for the body to heal. For some people that can mean some unwanted weight loss due to the health conditions they are already dealing with, and it will balance out in time provided you are truly eating enough. It could be helpful to track your calories for a few days to make sure you are eating enough.

QUESTION: Are food allergy and sensitivity tests accurate?

ANSWER: Testing procedures are antiquated and not totally accurate. A test may show you have an intolerance to a food that you are actually fine with, and it may also show a food is fine for you that could end up causing a symptom like a rash, headache, runny nose, or worse. That's not to say you shouldn't adhere to the test results you receive. It's just best to be guided by reactions you feel in your body for up to 10 days after eating any food. It's very hard to accurately assess, so an elimination diet can be a more helpful tool for identifying food sensitivities and allergies. You can also try the 28 day cleanse in Anthony's book or even a more simplified version with just the foods you feel sure of, and then slowly add in one food at a time every 10 days to see how it feels for you.

QUESTION: What causes adult acne?

ANSWER: Adult acne is typically caused from a streptococcus infection. Anthony William just did a radio show on streptococcus that covers this bacteria and how to begin healing from it -

<http://bit.ly/2c6uiOv>

. It is also covered at the end of the radio show on Eczema, Psoriasis & Acne -

<http://www.medicalmedium.com/blog/healing-acne-eczema-psoriasis>

. To help lower the strep in your body bring in more wild blueberries, lettuces, avocado, onions, garlic, lemon, and orange. It's also critical to stay away from grains, eggs, dairy, soy, and canola oil. Helpful supplements to consider include zinc sulfate, periodic goldenseal, fresh thyme tea, lemon balm tea or tincture, sovereign silver, and lots of vitamin C like Ester C. You can find many of my preferred suppliers of these supplements, herbs and teas at www.medicalmedium.com/preferred/supplements

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QUESTION: What is vitiligo caused by and how can I start healing it?

ANSWER: Vitiligo is another mystery illness that is not understood by medical science and research.

It is a skin condition caused by a liver that is overloaded with toxins. Dermatoxins are released from the burdened liver and try to come out through the skin. In the process they damage the derma and this is what causes the pigment issues that have been labeled vitiligo. The liver of someone with vitiligo will be overloaded from toxins from a pathogen that's in the liver, along with extremely high levels of copper, and pesticides. Anthony talks about these factors in his radio show on eczema and psoriasis, and we also have an article on this on our blog. The same information shared in this radio show and blog post can be applied for someone with vitiligo. <http://www.medicalmedium.com/blog/healing-acne-eczema-psoriasis>

QUESTION: What steps can I take to heal from painful gout?

ANSWER: It's important for someone with gout to reduce the animal foods in their diet while they are healing. Eating animal protein once per day or avoiding it temporarily is helpful. You can instead focus on a lot more fruits and vegetables including potatoes, sweet potatoes, and avocados, some nuts and seeds, and some beans and gluten free grains like millet and quinoa if desired. It's also very important to increase the alkalinity of your diet which means focusing your diet for the most part on lots of leafy green vegetables and fresh fruits. A great daily recipe for someone with gout is a large juice of celery, cucumber, and spinach. You can add some apple, lemon, and ginger to this if you like. The 28 day cleanse in Anthony's book Medical Medium is a perfect healing cleanse for someone with gout and can really help to reduce pain. It's very important to keep out eggs, dairy, pig products like pork and bacon especially for someone with gout. Drinking burdock root tea and eating plenty of turmeric can be helpful also.

AUGUST 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from Joe Strati:

Dear Anthony and Spirit, i need some direction for my wife who has chronic fatigue, we have your book and are listening to the radio show, thank you, my wife got fatigue from mold in our last house, at this moment where should we start to help her feel better? Is it viral, heavy metals, stomach acid? Thank you again.

Answer for Joe:

Hi Joe. The mold lowers the immune system so the EBV that causes the chronic fatigue can grow rapidly and worsen the condition. Working on lowering the EBV with the protocol in my book would be very helpful. Consider adding in the foods and top listed supplements in that chapter. Drinking 16oz of straight celery juice on an empty stomach would be helpful to cleanse her liver, and adding in zinc sulfate and B12 with adenosylcobalamin and methylcobalamin. The heavy metals protocol would also be helpful because EBV and other viruses feed on heavy metals. A good way to incorporate the five foods is a daily smoothie like this one on my [blog](http://www.medicalmedium.com/blog/heavy-metal-detox-smoothie)<http://www.medicalmedium.com/blog/heavy-metal-detox-smoothie>. As she lowers her viral load, the fatigue will begin to improve. Blessings to you and your wife.

Question from Jane Backus:

I hear you allude to the spiritual healing powers of food and I know we are in for a wild ride in your upcoming book. But I need to know now when most of the world, including myself, are stressed beyond our limits (illness, divorce, grief, fear and much more) what is your top pick for a food that

can help us. And if you say celery juice, I am going to laugh! Love to you.

Answer for Jane:

Hi Jane. Yes, Life-Changing Foods is jam packed with so much emotional and spiritual healing information about different foods. I know you will love it! There are so many foods that can help in hard times. Some of the best include melons, celery juice (yes, it's true!), grapes, mangos, avocados, dates, lemon, limes, orange juice, artichokes, sprouts, cucumber juice, potatoes, sweet potatoes, oregano, rosemary, sage, thyme, parsley, and garlic. Add as many of these foods into your day and week as possible. Blessings.

Question from Alex Alexandra:

Is MTHFR important? SIBO - is it possible to have Healthy baby in The future with this condition

Answer for Alex:

Hi Alex. Methylfolate is important because a lot of times when people have EBV, they can't methylate properly. EBV is the cause of the gene mutation and homocysteine levels becoming out of control. The byproduct and debris from EBV triggers a positive result on the gene mutation tests but it's not actually your genes, it's a viral issue. Focus on the antiviral protocol I outline in my book and you can see improvement. Blessings.

Question from Isara Argent:

I have friends who are raving about a new trend in Ketogenics, using a particular brand and raving about their results with energy and weight loss and other claimed health benefits. I am skeptical, and it seems to not be as natural a way as eating an abundance of fruits, vegetables, and other fresh, frozen or dried plant products. What do you say about this trend? Thanks.

Answer for Isara:

Hi Isara. A ketogenic diet puts the body in a crisis state because it contains no carbohydrates, which forces the body to run off of adrenaline. At the beginning you can feel good, have lots of energy, and you're cleaning up some old eating habits like eating processed food. You'll also lose weight at first because the diet is forcing the body to take stored fat and convert it for weight loss. But there's a price to pay with adrenal fatigue, liver problems and hypoglycemia later on. It wears down the body fast. A ketogenic diet for a very short time could be ok for someone who is in great health, but it's not recommended for anyone with health issues or as a longer term diet. Many blessings.

Question from Suki Dexter:

Hi Anthony, thank you for the constant flow of information, it has helped keep me (mostly) on track since reading your first book in November. I have been off gluten, dairy and eggs and taking many of the supplements recommended. Can you please address endometriosis? I have been looking for a non surgical approach for a long time. Thank you (p.s. can't wait for your second book!)

Answer for Suki:

Hi Suki. You are doing the right things with your diet, great job. With endometriosis it's also helpful to reduce or avoid animal products if you can while you're healing because it will slow down its growth. Consider doing lots of nettle leaf tea, raspberry leaf tea, and some curcumin to help the healing process. It is possible to avoid surgical approaches in many instances. Blessings.

Question from Natasha Poulson O'Flannigan:

Hello. I have interstitial cystitis, also called painful bladder syndrome. I have urinary urgency and frequency and an intense burning sensation in my bladder. This has been going on for 8 years and has made my life very difficult. I want a different life than the one I am living with the symptoms of this condition. Please let me know your recommendations to heal my body. Thank you

Answer for Natasha:

Hi Natasha. The interstitial cystitis is caused by an old streptococcus infection you've had your whole life. At one point you had it in your bladder and kidneys, and it has now created a bit of scar tissue in the bladder causing the interstitial cystitis. It also makes the nerves in the bladder sensitive and you can experience burning and urinary frequency. You need to soothe and mend the rough patch in the bladder that's causing the issue. A couple of tablespoons of fresh aloe leaf gel blended with 16oz of water every day would be very helpful. An antibacterial supplement like olive leaf extract could also be very helpful for reducing any old strep that's in the lining of the bladder. It's also important to remove dairy, eggs, and wheat from your diet to give the problem a chance to heal. Many blessings.

Question from Juliet Reyes Rodriguez:

Dearest Anthony, thank you for sharing your gift with all of us.

I have a question regarding the protocol for ADHD. You list the vitamins and supplements, but should they be taken all at once? My son Jude has been dealing with ADHD all of his life. It has caused lapses in his learning. I need clear direction and instruction on how to help my boy. He struggles so much and it breaks my heart. He is such a sweet boy, but he can't keep friends. One teacher once asked me if he had something other than ADHD. She told me sometimes he had moments of brilliance. I hold onto that. I get so nervous every school year. Please pick my question.

Answer for Juliet:

Hi Juliet. The vitamins and supplements don't all need to be taken at once but they can be. You can work with a natural practitioner and/or start with small dosages. Taking multiple supplements could be very helpful but you can just start with one at a time and add more if you prefer. The heavy metal detox protocol with the 5 key foods could be very helpful for your son. These foods are cilantro, spirulina, barley grass juice powder, dulse, and wild blueberries. You can put them all together in one smoothie if you wish like in this video

https://youtu.be/8T2bp8L7d9Q?list=PLIQYPG8bSTNHmu4-cHHtJHBPzqMN0_rbm

. You can see my preferred brands at www.medicalmedium.com/preferred/supplements

. It would also be very helpful to feed your son lots of fresh fruit as this is very important for ADHD. He can graze on fruit all day long. Keep his diet as clean as possible by removing wheat, dairy products, eggs and the other foods in the What Not To Eat chapter of my book. You're a great mom. Blessings.

Question from Meg Duncan Schlachter:

My husband completely lost the hearing and balance in one ear last fall, they call it Sudden Sensorineural Hearing Loss. The docs don't know the actual cause, they suspect it could be viral. Just wondering if an antiviral protocol would work for him, and what else can be done to regrow the cochlear hairs and regain his hearing, and balance. Love and light to you for all the good work you're doing!

Answer for Meg:

Hi Meg. Your husband's hearing loss is indeed viral, the doctors are correct. The only virus that affects hearing loss like that is Epstein-Barr virus. When your husband gets his hearing back from

working on the EBV protocol, he is most likely going to have a very high tinnitus or ringing in the ear which may not be able to be healed because the virus has already inflamed his ear and done some damage. But he can get his hearing back. Have your husband follow the EBV protocol in my book as closely as possible and give it time. Blessings to you both.

Question from Debbie Patching:

Hello Anthony and Spirit. I have a question regarding my husband. He had his right femur shortened in Dec. in order to match his left leg length- he broke that leg skiing three years ago. The problem is the bone isn't healing back together and he has to have another surgery ASAP. He also has developed anxiety and depression and is pretty much a mess. (as probably most people would be under these circumstances!) I am trying to reassure him that all will be well, but it's hard when all is clearly NOT well. (and an odd thing is that this is the second time in his life he's had this experience. He used to be 4 inches taller than he currently is.) Please guide me to help him in the right way so that he will begin to heal. We have been praying to the Essential and Healing Angels. After reading your book I likened his experience to that of PTSD. It's been really rough. Our doctors are not able to adequately address his issues which leads me to believe that Spirit is better equipped to help. Please help me help him! Thank you so much. Deb

Answer for Debbie:

Hi Debbie. Your husband's depression and anxiety is heightened from the anesthesia from his last surgery. Almost everyone experiences depression after surgery with anesthesia. It should pass in due time. For his PTSD, praying to the Angels is very helpful (reference my book for the 21 Essential Angels), along with getting out into nature as much as possible. If he could do some of the Soul-Healing Meditations that would be really helpful. Doing puzzles is also very important for your husband. The idle time we have after surgery while we are healing can be unsupportive for PTSD, and puzzles both engage the mind and are healing at a soul level. They can be a wonderful aid for recovering from PTSD. It's also very important for him to be on the right B12 with adenosylcobalamin and methylcobalamin to help his body heal faster. See the brand I prefer at www.medicalmedium.com/preferred/supplements. You can reassure him that these storms in life do pass and we get to the other side. Many blessings.

Question from Karen Rathbun:

Hi anthony! thank you for bringing this truth to the world! blessing to you! i have EBV/adrenal fatigue/ and heavy metals - self diagnosed from your book. this will be the 4th month on your diet/supplements. making headway but have a long road ahead i think. making my food everyday has become part of my spiritual practice as it takes time and effort and forethought. i am getting nervous thinking of taking a month long trip in october, visiting my folks who eat all my no-no foods and love to go out to restaurants every morning for breakfast and then again for coffee and! lots of bread, pizza, pasta, eggs, dairy! i will be flying with my vitamix to make smoothies. my question is: what if i go off my diet? will that undo everything i have worked so hard to change? will it set me back? thank you ahead of time anthony! love, karen

Answer for Karen:

Hi Karen. It depends on what you eat and how often you eat it while you're away. At restaurants that sell pizza, pasta, and the like, the best option would be steamed or roasted vegetables (ask for only 100% pure olive oil) or you could try a plain pasta with marinara sauce without the cheese, and skip the bread. You may also be able to find rice with vegetables which would be a better option. If it's

pizza place, have a pizza with vegetables and tomato sauce but no cheese. You can always check menus and call ahead of time to ask the chef to create something special for you too. It's helpful to eat a little something before you go too so you're not ravenous and want everything on the menu. It's wonderful you're doing the smoothies, that will really help. If you eat foods that aren't supportive of healing every day, it can set you back in your progress. If it's infrequent, you should be ok because of all the great healing work you've been doing already. When you get back home, it could be very helpful to go the extra mile with your health and really take great care of yourself, especially with a clean diet, to help you move forward again. Do the best you can and make the cleanest choices possible. I'm proud of you. Blessings.

Question from Anne Gordon:

Is there anything I could/should do to compensate for having had my spleen removed? Same question about having had a massive amount of radiation to my neck and mantle? (Both were part of treatment for Hodgkin's Disease 30+ years ago.) I do know that I have thyroid nodules, and the endocrinologist didn't think my thyroid looked great on ultrasound, but I don't know if this could be due to Epstein Barr virus, or the radiation. My thyroid numbers are in the low/normal range, and I feel OK, but I've always wondered if there are specific things I should be doing to compensate for the loss of spleen and the radiation.

Answer for Anne:

Hi Anne. One of the things that's important when you have a spleen removed is having a little bit of zinc in your system so you don't get an immune system surge that gets your body to overreact. People without spleens tend to be more sensitive so the zinc will be helpful to keep your immune system strong, and also for the EBV that's causing your other conditions like the nodules. Vitamin C is also critical for the missing spleen, thyroid, and your immune system in general. Lots of fruits and vegetables is important for radiation and because you don't have a spleen. Some Atlantic sea vegetables can help support you through this time. Lemon water, figs, oranges, cruciferous vegetables, and aloe vera water could be great additions to your diet also. Blessings.

Question from Katherine Bingham:

Hello Anthony and thank you for your book, I'm so excited for the next book. I was diagnosed with EBV. I've been following your advice for 3 months but still have brain fog, exhaustion and I have gained weight I just can't seem to get off. I work out and am eating right. Any more advice would be great.

Answer for Katherine:

Hi Katherine. When you've had EBV for a long time, it's going to create a lot of neurotoxins that cause brain fog and exhaustion. The weight gain is from EBV in your liver and thyroid. It takes time to heal. When you eat right and take care of yourself, you're moving around a lot of the old neurotoxins and they're going to still cause brain fog and exhaustion until they are cleaned out of your body. If you're not already on the B12 with adenosylcobalamin and methylcobalamin, this would be very helpful to add. Make sure you are eating every hour and a half to two hours and it would be ideal to snack on some of the options in my Adrenal Snacks videos -<https://youtu.be/efiULkG17Qw>. You may also wish to work with a natural practitioner who can support you in your healing. Blessings.

Question from Michael Ostman:

Hey Anthony. I've always have terrible issues with bad gas, but since starting your protocols and

modified cleanse diet (cucumber celery juice, raw fruit breakfast, fruit smoothie, raw salad lunch, lara bars or fruit for snacks, cooked dinner meals with optional meat) for the past 5 months it's gotten even worse. It's really affecting my personal life and is making life hard just to be at the office or go to a movie. I'm not perfect seeing I snack on organic dark chocolate almost daily (I even make it using raw honey when I can). But I do my best to avoid the NO foods. Also on your metal main 5 protocol for the past almost 2 months. I've been rotating a lot of the recommended supplements for ebv, shingles (nettle leaf, silver, licorice tea, lemon balm tea) and always on the liquid b12, liquid zinc, esther c, msm, ALA, mary truths morning multi, liquid siliplant. I just got a food allergy test via blood work and to my surprise everything looked negative, even celery which I have really hard time with (give me gas, diarrhea, itchy bumps). I also tested normal for all of my blood labs which was a blessing. I've also had rashes on my hands the past 10 years, along with heart palps, dizziness, nerve pain all over my entire body even my face. Also sciatic issues that have gotten a little better but my pudendal nerves have been terrible for the past 3 years so it's hard to sit straight at all (my lumbar MRI 3 years ago was also fine). I've started icing in the evenings on your recommendation to help relax the nerves there. Any other suggestions? I still have all over fatigue, low energy, and achy lower back despite all of the healthy lifestyle changes and supplements I started 5 months + ago. Thank you so much for your life and your sharing your gift with us. Blessings and light, Michael

Answer for Michael:

Hi Michael. I'm sorry you've been suffering. You have low hydrochloric acid so bacteria is growing in your gut and causing problems. You also have a sluggish liver. The juice, fruit and salads are great. Take out the Lara Bars for now and make sure your cooked meals don't include meat because your hydrochloric acid isn't strong enough. Focus your dinners on simple meals of just one food like steamed potatoes, sweet potatoes or butternut squash. You can steam it, make it into a soup, or mash it. Once your digestion and your HCL become strong again, you can bring some meat back in. You have low grade EBV and Shingles infections which are causing the rashes, nerve pain, low energy, and dizziness. You're doing a great job with supplements. You could consider adding in plenty of L Lysine and also cat's claw. It can take some time to heal but you are headed in the right direction. Many blessings.

Question from Betty Goins Rhodes:

I have recently read your book and have started putting your suggestions in practice. I have hypothyroidism, B12 deficiency, (pernicious anemia) low iron and fatty liver (Mild) I can't afford to get so many supplements so could you direct me on the most important ones I should focus on. In addition, two things are concerning to me at present. I'm wondering if there is more going on besides a fatty liver. I sometimes feel discomfort when I lay on my right side. Not painful just uncomfortable. The 2nd thing I would really like guidance with is sensations of tickling/crawling feeling on my scalp as well as tickling on my face and ears. It is quite annoying and so frustrating because I don't know how to deal with it not knowing what is causing this. Your help would be greatly appreciated in determining the cause and what course of action to take. Thank you for what you do and the help you give to so many. Can't wait for your new book!

Answer for Betty:

Hi Betty. The hypothyroidism is caused by EBV getting into your thyroid, and the low iron is caused by EBV also. For the B12 deficiency it's important to be on the right kind of B12 with adenosylcobalamin and methylcobalamin which you can find at www.medicalmedium.com/preferred/supplements

. The fatty liver is also from EBV and dietary choices. The EBV is also affecting your central nervous system, and that's where the tickling/crawling feeling is coming from. It's very important for you to work with the EBV protocol I outline in my book. Add in the healing foods, some of the healing supplements, and remove the Foods Not To Eat from your diet. Including 16oz of straight celery juice, wild blueberries, bananas, L Lysine, zinc, and vitamin C daily could be very helpful. Blessings.

Question from Jarafel Chavkerova:

I am reading your book right now and until now I thought I probably have parasites and candida because of all the symptoms. I have, like constant tiredness, constipation, emotional eating, restless sleep, nervous leg and belly and so on...i am raw vegan and I still have problems..anyway..now I am thinking. I might have that virus since I was teen..because that's when my tiredness and problems started but my question is what do you think about parasites and parasite cleanses? Thank you.

Answer for Jarafel:

Hi Jarafel. It's very easy to think that your problem is candida or parasites because that's the current trend in the natural health world. If you had a parasite, you would be in a very different situation. Your body will refuse to live in balance with it. There would be no option but to vomit or eliminate violently with a high fever until the parasite was gone, or you would lose the battle. It's important to not confuse this with worms which we can co-exist with, and hybrids like barbesa which is actually a parasite and bacteria hybrid which doesn't cause any discomfort at all. An example of a parasitical attack is when you spend 2 weeks in hospital fighting for your life after drinking the water in Mexico. There's other factors causing illness that is currently being blamed on parasites. Candida isn't the problem either. If candida elevates, it does so to protect you from things that shouldn't be in your diet, but you have a very clean diet. The long term tiredness, restless sleep, nervous leg and belly, and constipation you're experiencing are caused by a low grade EBV infection that's affecting your liver and nervous system. This is the original problem you experienced when you were younger. Raw vegan is a great diet choice for you because it won't feed the virus. It's important to start an antiviral protocol to target the EBV causing your symptoms. This is what's needed, not a parasite cleanse. I suggest adding in some of the supplements I list in the EBV chapter of my book and keep moving forward with these. Also include the B12 I recommend with adenosylcobalamin and methylcobalamin if you haven't already started it. You can find the brand I prefer at www.medicalmedium.com/preferred/supplements

. Improvements will come over time as you change your focus.

Question from Marie T Occhineri- Koepke:

I would like to know more about the causes of pericarditis and what can be done to help this. Thank you very much.

Answer for Marie:

Hi Marie. Pericarditis is an inflammation in the heart and heart region that is caused by the shingles virus or HHV6. For you it looks like the shingles virus. It can affect many different areas of the heart area including the lining of the heart, the sac around the heart, lymphatic vessels around the heart, connective tissue around the heart, and more. I recommend referring to my book and bringing the Shingles chapter to a health practitioner so you can work with them on which supplements to include. For HHV6 you could use the same principles in the shingles chapter to help yourself too. For Shingles, it's very important to avoid the Foods Not To Eat also.

Question from Martha L. Crocombe:

Hi Anthony! I had a spinal fusion in March 25 of this year. It was on my L4 & L5 I do feel some relief but I have daily pain on my left leg running to my knee also my feet are swelling especially my right foot. I was checked for blood clots but thank God I have none. I also have weight gain from menopause and possibly my thyroid. hair loss, brain fog, depression, anxiety especially in small spaces. The pain in my left leg makes me limp and some nights keeps me up. I don't sleep through the night either. Thank you so much for your dedication to all the people! May God continue to bless you! There's a high place reserved for you in Heaven.

Answer for Martha:

Hi Martha. You're dealing with viral inflammation from the shingles virus. Shingles can inflame the sciatic nerve and send pain down the leg. You don't need to have a shingles rash to have the virus. It can be in your system for decades before a rash shows, and a rash might not show at all. It's very important for you to keep out eggs, dairy, soy, canola oil, and corn. Bring in significantly more fruits and vegetables, especially the healing foods I mention in the Shingles chapter in my book. Getting on the right B12 I recommend is critical to help reduce your nerve inflammation. Lots of vitamin C and L Lysine are essential too. You can see my preferred suppliers at www.medicalmedium.com/preferred/supplements. The weight gain, menopause, sleeping issues, and thyroid symptoms are from a low grade EBV infection so it would be helpful to also incorporate some of the top listed supplements and foods in that chapter of the book into your routine also. Keep going with this and take it one day at a time.

JULY 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Q1. I have bad allergies and it really impacts my life. Is there anything I can do to improve them?

A1. Allergies are typically caused by a chronic streptococcus infection in the sinuses. There are different strains that can be picked up in numerous ways. The strep can infest the sinuses and over time create more and more allergic reactions, which is why they can seem to get worse as you age. To improve allergies, it's first critical to take out the foods that make it proliferate. Removing all of the foods in the Foods Not To Eat chapter of Anthony William's book is essential, especially dairy and eggs. Be especially cautious of checking your products for any of the hidden MSG sources. This will give you a chance to begin healing the strep. The top supplements to consider for strep include lots of vitamin C, zinc sulfate, olive leaf, cat's claw, lemon balm, and rose hips. Foods that help lower the strep in your body include onion, garlic, wild blueberries, cranberries, lemons, oranges, oregano, ginger, and turmeric. Please note this answer is not for severe allergies like a peanut allergy.

Q2. I have multiple symptoms from your book and I'm not sure where to start. Please help me.

A2. It's very common to have multiple symptoms from a number of the health conditions Anthony William lists in his book Medical Medium. If many things resonate and you're not sure where to focus your energy, here are some simple steps you can take to get you moving forward. You can do them all or pick one to start and then move onto the next.

* Drink 16oz of straight celery juice daily on an empty stomach. Celery juice is truly a miraculous healing food. If you have multiple symptoms from the book, it can benefit you.

* Add in wild blueberries daily. They are the most powerfully healing food on the planet and can help every single health condition. Get them in every day or as often as possible.

* Add in significantly more fruits and vegetables. You can focus on the healing foods listed in the chapters that cover symptoms you're experiencing.

* Read the Foods Not To Eat chapter and become a detective with your food. Make sure none of those foods are in your diet.

* Consider adding in few of the top listed supplements under the health conditions that feel most relevant to you.

* Pray to the Essential Angels. If you're already making changes to your diet and supplements, or you aren't able to do that yet, becoming familiar with the Angels and praying to them is a wonderful way to receive healing support.

* Try out a Soul-Healing Meditation. Get out into nature if you're able to and enjoy the healing benefits of one of the exercises Anthony describes like Free As A Bird or Collecting Stones.

The most important thing is to take it one day at a time and keep moving forward. Have faith that in time shifts will happen as you implement the steps in the book in any order.

Q3. I'm struggling to lose weight even though I'm eating cleaner and incorporating more of the foods you recommend. What is happening?

A3. Difficulty losing weight indicates the person has a sluggish, pre-fatty or fatty liver, so even if you're eating clean, you can still be gaining weight. Anthony talks about this in his radio show episode titled 'Why You're Not Losing Weight', which you can find in the archives at <http://bit.ly/1KnExeh>

. If you've been eating more fruits and vegetables and cleaning up your diet, you will be helping your body without a doubt. But your attention needs to be on detoxifying and healing your liver so the weight can come off as it heals. The liver can hold viruses and their toxic byproducts, heavy metals, pesticides, herbicides, and every other toxin you have been exposed to and collected over time, so it needs plenty of support to get those toxins out.

The key to detoxifying the liver is to reduce your fat intake. An overload of fat strains the liver and dramatically slows detoxification, as well as slowing down digestion, feeding pathogens, increasing edema, and more. Significantly reduce animal foods while you are healing your liver as that's the hardest fat source on the liver. If you're eating a plant based diet, reduce the amount of plant fat you eat too. Cut out or down on oils, and reduce nuts, seeds, and avocado. Instead significantly increase your fruits and vegetables and ensure you are eating plenty of calories.

You can also add liver-supporting foods into your diet like lemon water upon waking, straight celery juice daily as Anthony describes in the book, wild blueberries, cherries, cranberries, grapes, dates, mangoes, papaya, pears, asparagus, artichokes, sprouts, radishes, cilantro, cucumbers, cruciferous vegetables, and leafy greens including dandelion greens. You can also consider supplements and teas like milk thistle, licorice root, burdock root, dandelion root, chaga, red clover, and aloe vera water. It's also important to be patient when you're healing the liver. It's working extremely hard for you and it takes some time to release all the toxins it's holding. The weight loss will come as your liver heals.

Question from Nancy S. Mure:

Hello Anthony! So excited to have ordered your new book! Yay! Here's my question: Which virus (Epstein Barr or Shingles) affects the circulation and the veins? I know diabetes affects the circulation but do Epstein barr and Shingles also attack vein health? If so how? Thank you.

Answer for Nancy:

Hi Nancy. Many varieties of EBV affect the circulation and veins because the virus gets into the liver. EBV and shingles don't attack veins, they attack the liver which then gets sluggish and causes the vein issues. It all depends where in the liver the virus affects as to how and where veins and circulation are impacted. Love and blessings.

Question from Leslie D Burnell:

Hi Anthony and Spirit! Thank you for all you do to help suffering folks like myself. I have stage iv EBV. (I think). I have been on the 28 day cleanse for almost 28 days. I have been drinking celery juice every morning as well. I have not been cheating on the cleanse except that not all of my veggies have been raw and I have had some black beans periodically. I have been having a smoothie with spirulina, wild Maine blueberries and reishi mushrooms added to it every morning. Plenty of cilantro, raw kale, some barley grass juice powder, colloidal silver as well. I have been drinking herbal teas with cats claw, elderflower, thyme, lemon balm, red clover, nettle and milk thistle. My nerve Pain is not improved! I am very discouraged. I have just started taking the vitamin b 12 with the Methyl and adeno forms you suggested. What am I not doing right or what else can I do to help stop my nerve pain? I have experienced the heart palpitations, the interstitial cystitis as well over the years. I am taking cats claw, reishi, chaga, Jamaican dogwood, olive leaf, licorice root and oregano oil in a tincture mix every morning. Please help me. I am discouraged

Answer for Leslie:

Hi Leslie. When you have long term EBV and it's affected the nervous system for many years, the nerves get injured, inflamed, dried, hardened, and cracked along the way. The first step is lowering the EBV load. As you do this, you're not necessarily meant to feel better right away. It varies with each person. Many people don't feel better right away because they're cleaning out a lot of neurotoxins, and this is what is keeping the nerves inflamed still. The virus creates a huge amount of toxins in the liver and other places in the body, and when you drink celery juice consistently, it flushes them out, which means you might not feel better right away but you are healing. The nerves also take time to repair, especially when they've been inflamed for a long time, so you need to give it more time. The tool that helps the nerves repair the most is the B12 I recommend with adenosylcobalamin and methylcobalamin. You've just started that one so you need to give it more time. It can take a year of taking that B12 to repair nerve damage. You're doing great work with the cleanse and supplements, and now you're taking the B12, so you will likely see more benefits soon. If you were to stop the cleanse and supplements you're doing now, and went back to what you were doing before, you'd still likely see a significant improvement in your health in 3 months time, but you'd think it was something else causing it. This happens all the time. Really it would be from the work you've been doing the last 28 days creating those improvements. Keep going with all that you're doing, including the cleanse if possible. The changes will come and you'll start feeling better soon. Many blessings.

Question from Athina Theophilis:

A sweet natured 16 year old who is unable to express verbally his superior intellect needs your help. He uses a letter board to convey his inner thoughts but otherwise he can't give you verbally a proper answer! Zeolite really helps him think clearly and coriander spirulina papaya etc are added to his diet daily. He tested positive for hhv6 and varicella. What else can I do to help him. God bless you Anthony.

Answer for Athina:

Hi Athina. If your child is thinking better and clearer, that's a great sign that what you're doing is removing heavy metals. Testing positive for HHV6 doesn't necessarily mean that the virus is causing any problems for him right now. He would have had the virus as a baby and it's in his system but not active. The varicella isn't causing him problems right now either. .He doesn't have high viral or bacterial activity, he is dealing mostly with heavy metal poisoning. Continue with the foods and supplements you've included. If you can add in wild blueberries, that would be very helpful, along

with dulse and barley grass juice powder. Take it one day at a time and keep baby stepping him along. You are doing great! Blessings.

Question from Kathy Mathis Trapp:

What can be done about an antibiotic resistant urinary tract infection?

Answer for Kathy:

Hi Kathy. The bacteria causing your UTI is streptococcus, and this bacteria tends to become very antibiotic resistant. It can be a bit of a catch 22 because if the strep is too resistant and it's causing chronic infection, you sometimes need a bit of antibiotics to try to get it under control. There are specific supplements that are very important for strep. Goldenseal, lots of vitamin C and lots of zinc are critical for what you're dealing with. Other very helpful supplements are olive leaf, oregano oil, lomatium root, mullein leaf, and monolaurin (you can see some of my preferred supplements at www.medicalmedium.com/preferred/supplements). Strep can't become resistant to these supplements and herbs and they will help lower the strep in your body. It can take some time to heal so take it one day at a time and keep up with the supplements and foods that help fight strep. The best foods include wild blueberries, lettuces, avocado, onions, garlic, lemon, and orange. It's also very important to stay away from grains, eggs, dairy, soy, and canola oil as these foods will slow or prevent healing. Blessings to you.

Question from Cori Crawford Lassahn:

Greetings Anthony, so glad you take these questions, it's so generous of you. I got your book two days ago and stayed up until midnight reading the whole thing. What a wealth of information! I'm a mom of two boys, married, run a business, and teach yoga on the side. I also just finished leading a 6-week meditation class. None of my students would guess, but for the last 8-years I've seen 12 doctors trying to get back to radiant health. When my second son was 18-months I got so fatigued that I couldn't get up to unload the dishwasher at 9am, so knew something was wrong. Over the years the doctors have told me it's: thyroid, maybe lupus, beginnings of RA, hormonal imbalance, adrenal fatigue, mercury in my teeth (and brain), allergic to gluten/dairy, stress of being a mom running her own business, and that old psychosomatic nugget "it's all in your head". Needless to say as I was reading your book I kept saying "yes!", "finally", and "ah ha!" Would be ever so grateful for any insights you can offer as I ascend on the path back to radiant health. Thank you so much for this book, what a gift I feel like I've stumbled on!

Answer for Cori:

Hi Cori. You are dealing with symptoms from Epstein-Barr virus. That's why the doctor said your thyroid is a problem and you've been told you have lupus. These are both caused by EBV, as is the adrenal fatigue, RA, and allergies. After your second son was born, your immune system was low from a severe zinc deficiency, so EBV was able to take a stronger hold and caused the symptoms you've been experiencing. This is very typical for women who are leading busy lives caring for their family and working. Zinc is critical for you because you're deficient, as is the B12 with adenosylcobalamin and methylcobalamin I like (see it at www.medicalmedium.com/preferred/supplements), and lots of vitamin C for your immune system. You could try the 28 day cleanse, which is an antiviral diet, or if you're not able to do the cleanse, it's critical you keep gluten, eggs, dairy, canola oil, and corn out of your diet and eat very clean. I recommend reading the EBV chapter again and considering adding in some of the supplements I mention there. Many blessings.

Question from Kellie Simpson:

Hi Anthony. Any ideas what is causing my neck pain? It hurts when I rotate my head (currently being treated by a chiropractor). I also have annoying skin issues that get worse in Winter ..why is this and how can I finally be rid of this? (Had skin issues all my life) I'm vegan mostly raw and eat a very high fruit diet. I'm already taking B12, zinc, celery juice 3 mornings a week and my regular diet is already similar to ur 28 day cleanse with plenty of Spirulina, coriander, green barley and dulse added in. What else could I do to improve these two issues? Should I water fast for 10 days straight as I've heard that is extremely healing for most things. I already juice cleanse 4 times a year. Thankyou in advance

Answer for Kellie:

Hi Kellie. The pain in your neck is from the nerves in your neck being inflamed from a virus in the shingles family. Shingles symptoms can take some time to heal, but it will get better. The supplements that will be very helpful are lots of L Lysine and vitamin C, as well as nettle leaf, curcumin, and MSM. You can see the brands I recommend

at www.medicalmedium.com/preferred/supplements

. You also want to eat some raw garlic and asparagus daily or as often as possible. It would also be very helpful to put a warm (not too hot) heating pad on your neck in the morning for 30 minutes to relax the muscles, and then place a cold pack on your neck for 30 minutes two times over the day and evening. This will help to train your nerves to calm down. Don't underestimate how helpful this warm and cold packing is. It's best to do it daily for optimal results. Your skin issues are from your liver detoxing. You've had a liver problem for a long time due to viruses, heavy metals, and toxins in your liver. This will clear up in time. Continue with your clean diet and in time your skin can clear. Keep up the great work, you're moving in the right direction. Blessings.

Question from Michelle Tucker:

Hi Anthony! I'm following your EBV, adrenal, thyroid and heavy metal programs. I have non stop frequent severe colds though. Any insight as to the cause or how to stop? Also I'm happy to report I'm off my thyroid glandular after following the cleanse and herbs and eating five stalks of asparagus daily. Do I need to worry about going from hypo (which I was) to hyper? Should I eat less asparagus? Thx!

Answer for Michelle:

Hi Michelle. The non stop frequent colds just means your immune system is dealing with a viral load. In your case it's EBV. It's not a negative thing that you're getting colds. It actually means your immune system is working, it just needs a little help. The zinc I recommend is critical for you, as is vitamin C like Ester C. You could also consider doing a low dosage of goldenseal for one week (half of the dosage on the bottle) and then if you have a cold do a high dose of goldenseal by doubling what the bottle says for a week. Keep up the asparagus, it won't throw you into hyper. It's helpful to continue with it as it's one of the most healing vegetables. You are doing great. Many blessings.

Question from Jodi Reed Harms:

Hi Anthony - i have debilitating brain fog for 3 years on and off for years now. No dr even alternative dr's have been able to help me. It feels like i have a cotton wool ball in my head and my vision is affected. For some reason it is at it's worst in the summer. I also have had sores in my nose for five years that just refuse to go away. Along with bloating and some weight gain. I have been doing a modified cleanse for nine months now following your EBV protocol, heavy metal detox protocol and really frustrated. This week i had a huge outburst of cold sores on my lips out of nowhere. Is there anything i can do to help my brain fog go away?

Answer for Jodi:

Hi Jodi. The cotton wool ball feeling is from nerve endings being inflamed from the same virus that is giving you the sores and affecting your vision, which is a virus from the shingles family. This feeling will be worse in the summer because the heat causes the body to swell and your already inflamed nerves in your head, behind your eyes, and in your sinuses feel it even more. You don't have the typical shingles cold sores, but a different herpetic variety. You can use the advice in the Shingles chapter of my book to help you work through this, and you can also listen to my radio show on Shingles at <http://www.medicalmedium.com/blog/shingles-virus>

. It's critical to keep your diet very clean and free of eggs, dairy, corn, and gluten, and to incorporate some of the supplements I recommend for shingles. L Lysine in higher doses is critical for you. It will take some time to heal, but the fact that you have been eating cleaner for the last nine months will be helping this be less severe than it would have been. Take it one day at a time and keep moving forward. Many blessings.

Question from Nikki Sue Lombardo:

Hi Anthony. Can you please help me understand what is going on with my son. He has sensory issues with motor development, large tonsils, bites his nails until they bleed, grinds his teeth at night, is scared to ever be without me and is 5 years old. I've had him on the HM detox smoothies for a month and just realized that I serve it in stainless steel cups. Is this really bad to do for the smoothie? I feel so lost with him and what to do. Thank you for everything.

Answer for Nikki:

Hi Nikki. Your son is dealing with heavy metal toxicity so putting him on the heavy metal detox protocol is a fantastic idea. One month is great but it takes a lot of time for the metals to be removed, so keep going with the smoothies. It's best if you can serve it in glass cups if possible, unless stainless steel is necessary for him for some reason. The teeth grinding and sensory issues are from the heavy metals. The large tonsils is a little bit of streptococcus so you could give him some vitamin C, like the Ester C I recommend at www.medicalmedium.com/preferred/supplements

. You can open up the capsules and give him the powder in food. It's also very important you keep eggs, dairy and gluten out of his diet. Upping his fruit intake wherever possible would also be very beneficial. Foods like oranges, cranberries, pears, onions, garlic, and fresh oregano would be great to include in his diet if possible to help combat the strep also. Blessings to you and your son.

JUNE 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from Lydia Marie Catherine:

Hi Anthony- I really want to get pregnant this year so am doing a heavy metal detox so I don't pass so many metals on to my future child. I feel very funny after starting the detox (dizzy, brain fog, depression/anxiety) and am now afraid to get pregnant as I fear I mobilized the metals and don't want to pass them on. I am taking all 5 items daily. How will I know when they are out of my system and when it will be safe to get pregnant? Thank yo

Answer for Lydia:

Hi Lydia. I'm very happy you're doing the heavy metal detox before getting pregnant, that's a great idea. It does make a difference in not passing heavy metals down to your child. The protocol is designed to remove the metals from the body without dropping them along the way, so you don't need to worry. It's critical to stay properly hydrated by drinking plenty of water with lemon or lime juice squeezed in, and some coconut water too if you can, and to ensure you are eating enough calories while you detox as this will support the detoxification process. Also be sure to graze all day

by eating every hour and a half. This can help with the symptoms you're experiencing. Blessings.

Question from Kevin Otto:

Hey Anthony, how's it going? I have had low WBC and high Monocytes for over two years. My initial visit to the doctor was do to penile discharge and I have done every test the doctors here can think of a few times, to no avail. I did five courses of antibiotics over a eight month period and the last one seemed to have worked, that was eighteen months ago; except the blood work today still shows chronic infection. Would you happen to have anything up your sleeve? Thank you!

Answer for Kevin:

Hi Kevin. The low blood count and high monocytes are a result of an EBV infection. There are over 60 varieties of EBV and they can't all be tested for with current testing procedures, so doctors aren't aware that EBV can be the cause of many health conditions. You also have EBV's cofactor Streptococcus, which is what is causing the discharge. But doctors aren't able to diagnose it unless it's on the throat. The antibiotics seemed to help with the discharge because it helped push back the strep infection. Your blood work still shows a chronic infection because of the EBV in your system. It would be helpful to look at the EBV chapter of my book and incorporate the healing foods and supplements I list there. It's critical for you to supplement with zinc sulfate like the one I recommend at <http://www.medicalmedium.com/preferred/supplements>

. You have virtually no zinc, which is why the strep was able to take hold. It's also very important to include lots of vitamin C, L Lysine, lemon water, and wild blueberries. Also include oregano oil capsules, fresh thyme and dried rose hip tea (brew it strong), and olive leaf capsules every day. This will help to clear up some of the strep and you can also work on the EBV protocol in my book. Blessings.

Question from Kristi Elder:

Hello I am gradually implementing your suggestions for IBS/SIBO, low stomach acid, pcos, thyroid and adrenal issues. My questions related to supplements. How to know the quantity to take (just follow the bottle recommendations? The book does suggest some dosages, but not all of the suggestions have quantity advice for full healing and treatment) and also do I do every supplement suggestion as it seems a lot to do especially on top of my current time consuming food preparations. Thanks so much Anthony.

Answer for Kristi:

Hi Kristi. I don't include dosages in my book because everyone is different and they have different levels of what they would like to use when they take supplements. Also, each person's natural practitioner or functional medicine doctor will have their own idea of what to take and how much, and they can work with you based on what they recommend. There's also many hyper sensitive people out there who can only handle small amounts of supplements as their central nervous systems may be very sensitive or they may detox too fast. Others can take a lot of the supplements and not feel anything uncomfortable. If you aren't working with a practitioner, one way to move forward is to try working with the amount the bottle or package suggests and then scale back or add a little more from there according to how you feel. Even if you can only get a small amount of the supplements in, it will make a difference and help you move forward with healing. You definitely don't need to take all of the supplements. You can start with a few of the top listed supplements for the conditions you are dealing with and work with those over time. If you feel you'd like to add in another one or two or more down the track, you can do that when you feel ready. Blessings.

Question from Wendy Wang:

Thank you Anthony for your invaluable service to the mankind. I was diagnosed with Hashimoto's disease with goiter and inflamed thyroid 5 months ago. (I'm also hypothyroid and anemic) Prior to the diagnosis I had a HSV 1 GH breakout, and before the outbreak, I had my silver amalgam removed. In your book, you mentioned that 90% of the Hashimoto's is from EBV, so I have been

following your protocol in eating organic dulse, wild blueberries, cilantro and celery juice, lemon balm, cat's claw, spirulina almost every day. I also went to see a couple of holistic doctor, but the doctor I am seeing told me the root cause is the leftover "infected wisdom teeth" in my jaw and recommends that I do Cavitation Surgery. Once the trigger is removed, then rest of my body will be in balance. What does spirit say? And does he see other issues that I'm not aware of it? Thank you! Wish I can have a in-depth consultation with you.

Answer for Wendy:

Hi Wendy. Yes, EBV is responsible for your hashimoto's, which is a viral inflammatory condition. Working on any of the EBV protocol I outline in my book is very helpful for the thyroid. The steps you are taking are great. You can also focus on more of the healing foods I recommend in that chapter if you're not already. The infected wisdom teeth aren't the cause of the hashimoto's. Bacterial issues don't ever cause hashimoto's. Having silver amalgams removed can lower your immune system. I talk about this in my book and in my Dental Health radio show. When your immune system weakened, the HHV1 broke out. The heavy metal detox protocol is critical after what you've been through, so you're taking the right steps. I suggest also adding barley grass juice powder to ensure you are consuming all 5 of the necessary heavy metal detox foods. Unless your dentist says it's critical to have surgery, it might be best to wait to have anymore dental work done unless it's absolutely necessary until your immune system and health are stronger. Blessings.

Question from Marina Tucakovic:

I have always 'shed' hair but it has become worse these past few months. Thyroid tests in 'normal range'. Have had a very low cortisol level for a while but it has just entered the low level of normal range. Have just finished reading your book. Have a big challenge with weight loss. Eat well ie. no junk.

Answer for Marina:

Hi Marina. The hair you are losing these past few months was caused by whatever was happening in your life 8 months to 1 year ago. We don't lose hair from what we are doing when we are losing it. The cause is happening earlier. Think back to that time and consider what your diet was like, what kind of stress you had in your life, or what else might have contributed to the hair loss. Even though your thyroid tests are normal range doesn't mean you don't have a thyroid issue. Medical research and medical science are not advanced enough in their testing methods to be able to detect all aspects of the condition of the thyroid. It would be very helpful to take steps to support your thyroid health. Spirit recommends the Thyroid Support supplement by Gaia Herbs. You can find this at <http://www.medicalmedium.com/preferred/supplements>. Hawaiian spirulina would also be extremely helpful for your hair. You may wish to consider adding in the healing foods and supplements listed for EBV also as they will help the health of your thyroid and thus your hair too. Blessings.

Question from Amanda Crawford:

I would love to know if there is anything else you can have instead of wild blueberries from Maine, that would complete the heavy metal detox items from your book. They are really hard to source in Australia. Thought this might also help people in other parts of the world that want to do this, or are getting their amalgam fillings out. Thanks so much for the chance.

Answer for Amanda:

Hi Amanda. Wild blueberries are unique in their ability to pull heavy metals from the brain, so I recommend using wild blueberry powder daily to help with your heavy metal detox protocol. It's also helpful to consume any other wild fruits you can access in your part of the world like other wild berries or other kinds of wild fruits. These other wild foods will provide critical antioxidants for parts of the body, and help to detoxify certain heavy metals from other areas of the body like the spleen, liver, and intestinal tract. All wild fruits provide a wealth of benefits that we can take advantage of.

Many blessings.

Question from Cindy Lenhoff:

Again thank you for giving us hope! I have fibromyalgia and am patiently hoping to feel better ! However, I am very concerned about my husband. He is on statins for cholesterol , his serum blood glucose has been high for three years(he is not overweight) , he has IBD (taking medicine)and restless leg syndrome. I would love to see him off medications and healthy. I appreciate your input! Blessings! Cindy

Answer for Cindy:

Hi Cindy. Everything your husband is dealing with is liver related. He has a stagnant and pre-fatty liver. He doesn't have to be overweight to have a pre-fatty liver. In terms of the restless legs syndrome, there are different varieties that have different causes. Often restless leg syndrome is caused by a virus that is affecting the nerves in the legs. But if the liver is unhappy, you can get another type of restless leg syndrome, or rather symptoms that mimic restless leg syndrome. It would be very helpful for your husband to reduce his animal food consumption so he can reduce the load on his liver. It's best if he has animal protein once a day, and focuses on less fatty meats like chicken, turkey or fish. It's really important your husband stays off all pig products because of their high fat content. He can replace the animal foods he was eating with lots more fruits and vegetables and some plant fats like avocado and nuts and seeds. By lowering his fat intake, his liver will have a chance to begin healing and these issues can start to heal. Many blessings.

Question from Emilia de Vries:

Dear Anthony, first of all, thank you for everything. I read your book and did the online healing program, but I still have a general question about your diet protocol (and your 28 day cleanse) that I haven't seen answered yet and think could benefit many people. I personally have a problem with maintaining my weight (I have SIBO that I know of, and still searching for answers for my other symptoms). Anyway, the last 1,5 years I dropped a lot of weight, and I'm at this stage where I have to eat a lot (and a lot of carbs and fats) so I don't lose more weight. I would love to follow your cleanse, but I am fairly certain it would result in losing a few more pounds (which I can't afford). If I'm not mistaken, in your book, you also mention that it helps people to even lose a few extra pounds. My question is: is there a way to still follow your protocol, without losing any weight? (For example, adding coconut oil?) Thank you! Emilia

Answer for Emilia:

Hi Emilia. You can do a customized version of the 28 day cleanse if you like. You would need to increase the carbohydrates in your diet with extra foods like steamed potatoes and sweet potatoes, and more bananas, dates and mangos. You can also add in more avocado, add in coconut oil like you said, along with hemp seeds, some tahini and nut butter. If you feel you still need more, you can do some gluten free oatmeal, quinoa, and hummus, but if you want a deeper cleanse, it will be best to keep these out or to a minimum. The cleanse will help the SIBO too. You're dealing with streptococcus and some E coli which is what your SIBO actually is. Adding in some herbal antibacterials would be very helpful for this, like oregano and olive leaf, and adding in some rosemary, thyme and sage into your food. They are great in juices, salads, water, dressings, or added on top of steamed vegetables. These will help bring the strep in your system down over time. Many blessings.

Question from Marie Blough Arlen:

In pregnancy, can I stick to your protocol for hashimotos, adrenal fatigue, mthfr, and ebv? I have the suggested b12, 5-mthf, lemon balm tea, and having my daily celery juice. Thank you for the work you do. The world is a better place because of it.

Answer for Marie:

Hi Marie. If you're pregnant, I recommend you reassess and customize the protocol with your natural practitioner. It's better that you have guidance while you're pregnant as to what you can and can't take during this time, and go through it step by step. When it comes to your diet, there's a lot of great things you can do. Celery juice is great, as are lots and lots of fruits and vegetables of any kind. Especially helpful fruits are wild blueberries and apples. Also eat lots of potatoes to help you build up your milk supply so you have plenty of breastmilk and can breastfeed longer. It's important to stay wheat and gluten free so your baby doesn't get sensitive, and stay dairy free so your baby doesn't end up lactose intolerant. Eating a clean diet will be very helpful for both you and your baby. Blessings.

Question from Liz Hill Hogan:

My teenage son has been suffering with constant nausea, pain, fatigue, insomnia, anxiety for many years. Many misdiagnoses. Finally tested positive for Epstein Barr. I got your book and have begun reading. Question: Is there anything he can do to immediately to reduce/eliminate the nausea and get his energy back? Peace and blessings. Thank you!

Hi Liz. A couple of things occur with EBV in many teenagers. The top of the spleen gets slightly inflamed, and doctors can't detect it yet because it's not enlarged enough to show in tests. This creates nausea. The other reason is because this inflamed part of the spleen pushes up against the bottom of the vagus nerve and this makes the nausea even worse. Now that you know he has EBV, you can focus on the EBV protocol to help him recover. It's critical that his diet is completely free of wheat and gluten, dairy, corn, and eggs, like I outline in the book. These foods all feed EBV. Even having one of these foods once a month will inflame the situation so it's important to avoid them completely. Spirit recommends he lowers his animal food intake while he is healing, and significantly increase his fruits and vegetables. Adding in plenty of potatoes into his diet would be especially helpful as they are extremely anti viral due to their high lysine content. You can work with a natural practitioner on what supplements would be best for him, or you can begin working with a few of the top listed supplements in the EBV chapter of my book. It takes some time to heal so be patient with the process, but he is young and he can recover. Blessings to you both.

Question from Marilyn Salski Blessings:

Thank you for your work. I've tested high for levels of iodine (raw urine test at 2700!! - normal range s/be 48-210) and high levels of bromine (2500 - normal range s/be 840-2400). I don't know how I've obtained the high iodine levels (do eat wild salmon and a little seafood), however, how do I reduce it now that I have this high level. Do you recommend a cleanse and I guess certainly not consuming seaweed, etc. My level of iodine can't be good for my body. Also for bromine (toxicity) release, what are your recommendations. My health is compromised - currently trying very hard to recover from adrenal fatigue (caused by what? - stress - yes, bromine? inflammation - where?) something that I don't know about? Anthony, can you please help and guide me through this? Of course, I have your book and ordered the next one.

Answer for Marilyn:

Hi Marilyn. If you're concerned about a high level of iodine, you can take out any fish or seafood in your diet, and hold off on seaweed and iodine supplementation for now. But the only side effect that can occur from having high iodine in your urine is less cancer. Iodine helps prevent cancer in women, so women with low iodine have higher cancer rates. Great foods that can help prevent cancer are iodine, spirulina and seaweeds. For now, you can reduce the different forms of iodine you are consuming and give it some time. Then get tested again and see if you still have iodine in your urine. To recover from adrenal issues, you need to make sure you are grazing every hour if it's severe, or every hour and a half to two hours if it's less severe. Very important foods for you are asparagus, spinach, and sweet potatoes to help support you with all that you're going through. Many blessings.

Question from Holly Bee:

Hello Anthony, thank you for all you do and for the information you share with us all. I love learning and consider myself an Anthony William student! I appreciate the sense of humor and lightheartedness you seem to have, you lift my spirits so much! My question is, how would I quell my OCD? I have struggled with it for 20 years. Another issue that is strange is that I oil pulled recently with hemp oil. I tried it 4 times and on the 4th time, the taste of it made me so sick. I discontinued use of it but I still taste it everyday. It seems nothing will get rid of this awful taste in my mouth that is making me so sick to my stomach. Thank you from the bottom of my heart.

Answer for Holly:

Hi Holly. I understand and know that OCD is a difficult issue to struggle with for as long as you have. One of the ways to begin breaking OCD is to change your surroundings in some way. Change the position of things in your home, bring something new into your home like flowers or grow some herbs, or see if you can stay overnight at the home of a family member or a friend, or at a hotel. This strategy is very powerful at helping to break OCD over time. Include frozen wild blueberries in your diet every day, and over time they will help to minimize the OCD also. I'm so sorry you are dealing with the awful taste in your mouth. Some hemp oils have an astringent tannin from the husk of the seed, so when they pressed into oil, a lot of tannin from the seed can go into the oil, and it is extremely bitter. When you oil pulled, you infiltrated your taste buds with this tannin. It will take quite some time for it to pass, so it's important to be as patient as possible with it. Eating sweet foods will help it to pass. An apple every day would be especially helpful to speed it up. Hang in there, you can recover and the taste will pass. Blessings.

Question from Teresa Taylor:

I am a mother of two lively boys, and in a very loving marriage. My body is suffering, and so my roles as wife and mother are suffering. I want to get better so I can be the me God wants me to be! Since having my second child I have developed a gluten sensitivity and now a possible gallbladder or pancreas issue (my doctors are not sure what is wrong...), amongst other things. I feel like I'm in a spiral where I'm falling apart. Can you please give me some advice? I'd love to have more children and be free of this suffering! Thank you!

Answer for Teresa:

Hi Teresa. Spirit recommends start with 16oz of straight celery juice every morning to help both your liver, gallbladder and pancreas, and build up your hydrochloric acid, if you haven't been already. Yours is low currently, which is not unusual after giving birth because the adrenals are depleted and the liver and gallbladder weaken. It's very important to stay off eggs, dairy, pork, bacon, ham and other fatty animal meats because they are too hard on the liver, gallbladder, and pancreas right now. You could consider doing the 28 day Healing Cleanse to support your body further, but make sure you're eating enough calories. It would be very helpful to give your adrenals some support. Spirit recommends the Adrenal Support by Gaia Herbs (you can find it at <http://www.medicalmedium.com/preferred/supplements>) while you're going through this time. Everything can be remedied, it just takes some time. If you wish, you can work with a natural practitioner, perhaps even one of the practitioners I refer to on my website at <http://www.medicalmedium.com/practitioner-referrals>. Many blessings.

Question from Bailey Anderse:

Hi Anthony & Spirit 😊. I am 18 year old from Australia suffering from what I believe may be a deep stage of EBV. I live in pain and stiffness, my stomach is rotten, toilet patterns all over the place, joints feel like they are deteriorating (extremely poppy and cracky and painful), muscle aches, terrible lower back, light sensitivity, fogginess, memory problems the whole lot things have gotten worse since it started 18 months ago with shoulder pain.

I have been struggling going through this at such a young age as I hardly get to go out and about, being at home all the time and having these symptoms sucks. I have been seeing a Naturopath who has given me supplements and herbs, eating GF, SF, DF, PF.. I saw a homeopath yesterday who thinks the EBV has caused a crash in my endocrine system and believes I need to fix the messages to allow my body to release. I cannot afford to do both, Naturopath and supplements/herbs or Homeopath and homeopathic drops? (I also see a physio and a hannemann healer. Please help + any other recommendations would be amazing. Hope to hear from you one day soon... I am in desperate need of support and advice. Thanks for all that you guys do!

Answer for Bailey:

Hi Bailey. I know you're in agony. You will heal and get through this. It's important to do everything you can to keep your spirits up and stay positive. Your Homeopath is right, you do have EBV and it did cause a crash in your endocrine system. The virus is also affecting your neurological system and swelling up nerves and joints. It's very important that you get a high quality zinc, like the zinc sulfate I recommend. The right kind of B12 is also very important for you with a combination of adenosylcobalamin and methylcobalamin. Anti-viral support is also critical, such as higher doses of vitamin C and L Lysine, and herbs such as licorice, cats claw, olive leaf and mullein leaf. You can see some of my preferred brands at <http://www.medicalmedium.com/preferred/supplements>. It's critical that your diet is free of wheat and gluten, dairy, corn, and eggs. It would also be helpful to lower your animal proteins while you're healing and instead increase your fruits and vegetables. The 28 day cleanse in my book could be very beneficial for you, and you can do it for longer if you wish. You will heal, and you will teach others about how to heal in the future. Keep the faith and take it one day at a time. Many blessings.

Question from Jennifer Gomez Cantu:

My five year old has began to experience extreme anxiety and anger. She has been diagnosed with autism and we've worked on healing (from the inside out) for the last two years. We are gluten free, dairy free, soy, corn, and refined sugar free 90% of the time. We rarely eat processed foods and I cook all meals from scratch. I have her on lemon balm, ester c with flavonoids, Mary Ruth Organic Multi Vitamin and Minerals, and ashwaganda (each as suggested in your book). What am I missing? What can I supplement with the help alleviate the crippling anxiety and anger? We were making such great strides (for the last two years she's healed tremendously), so the sudden regression, anxiety, and anger are perplexing.

Answer for Jennifer:

Hi Jennifer. Children who are experiencing autism symptoms have nervous systems that require two to three times more glucose than the systems of people who don't have autism. It's wonderful that you have removed those foods from your daughter's diet, you're doing a great job. But you also need to add more fruit sugar into her diet to replace the sugar that came from those foods. When you remove dairy, you're removing lactose which is a highly concentrated sugar. And when you remove corn, you're removing sugar. And you also removed refined sugar. This is fantastic, but she will need more sugar in her diet. Even though you cook all your meals from scratch, if there isn't ample natural sugar in the foods you are using, she can get anxiety-ridden or angry and frustrated because her nervous system requires so much more sugar than someone else. Focus on giving your daughter as much fruit as you can. It will take time for things to balance out but it will help greatly. You can try giving her dates, some raw honey, banana ice cream (made with just bananas and other fruits), mangos, dried apricots, raisins, watermelon, apples, and oranges are all good choices. You can make juices, smoothies, fruit bowls and fruit snacks. Any other fruits she likes are great too. You can also give her sweet potatoes, potatoes and butternut squash. They can be mashed, steamed, made into fries with coconut oil, baked, or any other healthy way she likes them. If you're already feeding her fruit, give her even more still. You will need to pay a lot of attention to ensuring she is getting plenty so her glucose reserves build back up into her brain. Neurotransmitters run on glucose and your daughter's neurotransmitters are doing double the

amount of work because of the autism. That's why she needs so much more natural sugar than the rest of us. You're a great mom. Take it day by day and she can get better. Blessings.

MAY 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from Terri Hall:

Hi Anthony: I just finished your book & have pre-ordered your new one. Thank you for the information you have provided to us via Spirit. I have been diagnosed with EBV, CFS, fibromyalgia, Lyme, Hypothyroidism, hypoglycemia, insulin resistant, pre-diabetes & Parvo, just to name a few and I have 2 gene mutations according to MTHFR testing. My question is do I really need to avoid the foods that, although I have no symptoms, "testing" shows I a sensitivity toward - bananas, carrots, pineapple & ginger? Thanks!!!!

Answer for Terri Hall:

Hi Terri. As you probably know from reading my book, all the things you have been diagnosed with are caused by EBV. Even the hypoglycemia is caused by EBV because it's gotten into your liver and caused it to be sluggish. This means your glucose reserves have been diminished and therefore insulin resistance is occurring. The parvo isn't caused by EBV. It's naturally in a lot of us. The gene mutation tests get triggered by EBV and show positive results. You don't need to avoid bananas, carrots, pineapple and ginger, but you do need to avoid eggs, dairy products, corn, canola oil, soy, and gluten (especially wheat) to help heal from EBV. Focus on including a lot more fruits and vegetables in your diet, and you may wish to consider the 28 day Healing Cleanse in my book as it's anti-viral diet. You can do this for longer if you wish. Many blessings,

Question from Paula And Jimmy Clements:

Is there any loss in nutrients if I juice celery once a week and immediately freeze into daily jars? I work and juicing every morning is very time consuming but I want to do what's best.

Answer for Paula And Jimmy Clements:

Hi Paula and Jimmy. If you can't make celery juice fresh, then what you're doing is the next best option. Freezing it right after juicing will preserve most of the nutrients, and then you can drink it as it defrosts. You are doing great! Blessings.

Question from Pipski Brown:

Hi Anthony and spirit! My biggest question is how to cure my headaches, they are pretty much constant I, fluid/pressure feeling in head. I'm desperate to know what is causing it. I also have buzzing, ear ache, fatigue, nerve pain, sound sensitivity, constipation and jaw pain. I had shingles four years ago which led to repeated tonsil infections. But my headache is my biggest concern. Please help me with which way to go. Thank you so much for sharing your information. I tried grounding at the beach and it was amazing!!

Answer for Pipski Brown:

Hi Pipski. Your headaches are caused by the shingles virus. Even if you had headaches before you had shingles four years ago, it's because you already had the shingles virus in your system but it hadn't come to fruition fully yet. The other symptoms you are dealing with like the jaw pain, nerve pain, sound sensitivity, fatigue, and so on, are also from shingles. The constipation is because of a liver issue that shingles has caused. It would be very helpful for you to begin an anti viral protocol

like the one I outline in the Shingles chapter in my book. It's also very important to support your nervous system with the B12 with adenosylcobalamin and methylcobalamin, 5MTHF, curcumin, nettle leaf, and monolaurin (you can find my preferred suppliers at <http://www.medicalmedium.com/preferred/supplements>). It's critical for you to stay hydrated, to eat very clean, and to eat every hour and a half so you can help your body to heal. Drinking 16oz of celery juice every day on an empty stomach is important for you, as is eating plenty of asparagus. Spirit also recommends the Gaia Herbs Liver Support for you. Stay away from eggs, dairy, corn, canola oil, and gluten while you are healing, and add in significantly more fruits and vegetables if you haven't already. Take it one day at a time and you will be moving forward. Many blessings.

Question from Rebecca Tasso:

I love your book and I am fascinated by the chapter on Autism and ADHD. I have a 5 year old son with Aspergers and ADHD. He is an amazing child filled with love and enthusiasm but most days he struggles with sensory issues, inflexibility of thoughts, lack of self regulation and episodes of rage. He is gluten and dairy free and he does not have any artificial flavors or colors in his diet. We also avoid most preservatives and additives. I am hoping to do the heavy metal detox this summer but I am nervous that his challenging behaviors are going to be out of control. He has long episodes of rage when he eats healthy foods like bananas, apples, watermelon and a ton of other fruits and vegetables. I would love to understand why and what we could do to improve this or counteract it. He gets zinc and magnesium oil every day and that has helped a little. He also loves to pray to the Angels and God every night! Thank you for all you do! My health and life has already changed since following your EBV protocol and heavy metal detox.

Answer for Rebecca Tasso:

Hi Rebecca. Heavy metals are interfering with your son's neurotransmitter function, and the production of neurotransmitters. It would be helpful to consider doing very small amounts of the five heavy metal foods every day for your son. You could add them all into a smoothie to make it simple. It takes time for heavy metals to be removed so it's important to have patience with this process. Spirit says that Neuro Mag supplement by Life Extension and Pharma GABA could be very helpful for your son, and you can speak with your natural practitioner about this (you can see my preferred suppliers at <http://www.medicalmedium.com/preferred/supplements>). Potatoes would be a great addition to your son's diet. They often a highly mineralized glucose for neurotransmitter function, and they're soothing and calm down electricity patterns throughout the brain that are sporadic. Wild blueberries are also very important to help stop oxidation of the heavy metals and to help remove them slowly. Spirit also recommends cucumber juice for your son to support his neurotransmitters and neurons. A bit of raw honey and lemon in the cucumber juice would be helpful also to strengthen his neurotransmitters. I am so proud of you and your family. You are a great mom. Blessings to you.

Question from Navita Sahota:

My question is about ferritin levels. Mine are low. Should we be supplementing with iron or will that feed viruses etc?

Answer for Navita:

Hi Navita. If iron is low, then most likely you're dealing with a low grade viral condition in the spleen or other organs. Iron is one of the most favored foods of viruses. It's best to supplement with a natural plant based iron instead of prescription iron. I recommend adding in more barley grass juice

powder, wheatgrass juice, and more berries like wild blueberries, raspberries, blackberries, mulberries, and cranberries, and grapes and raisins. If you consume more of these foods and take a plant based iron formula, you can build up your iron without the forms of iron that feed viruses. Blessings.

Question from Marta Witkowska:

Hi Anthony! How can I reduce my nausea caused by pregnancy, so I can eat again all the nutritious foods. The last two weeks were unbearable and I can't even think of making my green smoothies as I think sick when I think about it. I crave things like pizza and bread which I don't want to eat as it is a junk food plus contains gluten. I understand that nausea is part of pregnancy, but it drags me so much down. Thanks a lot! Blessings.

Answer for Marta:

Hi Marta. You don't have to eat green smoothies or salads during this stage of your pregnancy. It's likely you will naturally start to desire them again soon enough. For now you can focus on other foods that are comforting and heavier but still healthy, instead of foods like pizza and bread. You can choose comforting foods like hummus, guacamole, white potatoes with avocado or a little olive oil, steamed peas, carrots, butternut squash and sweet potatoes, veggie broth and soups, black beans, almond butter on rice cakes, and some grains like brown rice, quinoa, and millet. These are all healthy choices and can help with what you're experiencing. Blessings to you and congratulations on your pregnancy.

Question from Angela Petersen:

My daughter, Paige, is 12. Her TSH level is 4.7. Her mother, grandmother, great grandmother, and great great grandmother all have had thyroid issues but not until the birth of their first child. I was truly wonder if it is a true thyroid issue or something else for Paige. Would love the Spirits take on her. Thank you.

Answer for Angela:

Hi Angela. It's virtually impossible to get a proper thyroid reading at the age of 12 when a girl is going through hormonal development. The adrenals aren't fully developed until a young woman is at least 17 or 18 years old, which means a thyroid reading is very unlikely to be accurate. I recommend helping her further by cleaning up her diet more. This can help to support her thyroid health now and as she continues to develop over her teens. You can add in more fruits and vegetables, smoothies, cooked vegetables, and beans, and avoid the foods I talk about in my What Not To Eat chapter of the book. Also make sure Paige is eating a snack every hour and a half to support her adrenals, thyroid, and keep her blood sugar balanced. Many blessings.

Question from Laura Johnson Perry:

Hi Anthony. Your book has changed my life. I got very ill a few years back after two heavy courses of antibiotics and a dose of steroids. I have had severe constipation, fatigue, weight gain, and a whole host of undiagnosed symptoms since. I have seen at least 10 doctors and have had no luck. What would you recommend for the constipation and weight gain? Are they connected? Thank you for all that you do! Many blessings!

Answer for Laura:

Hi Laura. For the constipation I recommend eating half to a whole papaya a day and including the celery juice. You can have papaya for breakfast after 16oz of straight celery juice for a wonderfully

supportive breakfast. Eliminate all animal products from your diet temporarily (including eggs and dairy) while you heal this issue and focus just on fruits and vegetables as they move through the intestinal tract at a quicker pace and create peristaltic action. It's also very important you stay off wheat. Once your constipation is better, you can start bringing in some animal foods if you wish, like turkey, fish or chicken. Drinking aloe water every day would be very helpful for you, as well as fresh ginger water (fresh grated ginger in water) and ginger tea every day, and also 16oz of fresh cucumber juice every day. These drinks will be very important and helpful for you for the constipation and weight gain. Peaches, plums and spinach are important foods for you to bring into your diet also. Eat them every day if you're able. Spirit says Ester C 500mg capsules would be very helpful for you, as well as a magnesium like Natural Calm to help get things moving. You can find my preferred supplements at <http://www.medicalmedium.com/preferred/supplements>. Many blessings.

Question from Becky Doherty:

Becky Doherty Hi Anthony. Over the last 10 years I have been struggling with hypothyroidism, fibromyalgia and rheumatoid arthritis. I know I have had EBV and thanks to you I now believe all my symptoms can be attributed to this. I have been gluten and dairy free for 18 months. I am following your protocol but was wondering which supplements you consider the most important to help me finally clear this virus. Many thanks

Answer for Becky:

Hi Becky. You are dealing with EBV related symptoms and EBV related tags/labels like the ones you've listed. The reason our body gets overwhelmed by EBV and it creates problems is because of a severe zinc deficiency that we've had for many years and that allows the EBV to take hold, so zinc is critical to supplement. Spirit says Licorice root tea or tincture, B12 with adenosylcobalamin and methylcobalamin, L Lysine, and vitamin C are the most important supplements that can help you with your health challenges. You can find my preferred suppliers of these supplements at <http://www.medicalmedium.com/preferred/supplements>. There are many other great supplements which I list in my book, but these are the most critical for you to work with. Many blessings.

Question from Kristin Connolly:

Kristin Connolly Hi Anthony, I have been following the advice in your book since November. Can't quite seem to make any positive changes with my gut health. Doing the celery juice daily, eating papaya, etc. my bowel movements haven't been normal for a long time. Also struggling with very sensitive nervous system. Thank you for all that you do!

Answer for Kristin:

Hi Kristin. I'm very happy you are doing the celery juice. You're succeeding in raising your hydrochloric acid but it takes time to fully restore and also for the inflammation in your gut to come down. If you have a lot of inflammation in your gut and you've had very low hydrochloric acid in your gut for many years like you have, the celery juice needs more time. I also recommend drinking aloe water every day using the gel inside half of an aloe leaf. You can learn how to make aloe water (but with half of an aloe leaf for you) in my blog post - <http://www.medicalmedium.com/blog/aloe-water>. The papaya is wonderful, have half of one every day. It will help to push waste through the intestinal tract and bring your bowel movements back to normal. It's very important to stay off dairy, eggs, canola oil, corn, and gluten out of your diet. You're doing really well, keep going and give it time. You are on the right track. A sensitive digestive system usually means you'll have a sensitive

nervous system too. Blessings.

Question from Donna Toupin Bradbury:

Hello! Thank you for the monthly question segment, I look forward to reading all the questions and answers from Anthony and Spirit. My question is my son just found out his girlfriend came down with mono. We were upset and he went to see his doctor and they said he was not showing signs of mono but they sent out a sample to see if anything shows up. In the meantime I went to Anthony's book and gave him the list of foods and supplements that he recommends for EBV and also had him send that information to his girlfriend. Should he be doing something more to make sure he doesn't get it and that she can be healed? Thank you!

Answer for Donna:

Hi Donna. Your son needs to be a high quality zinc sulfate like the one I recommend at <http://www.medicalmedium.com/preferred/supplements>

. If his zinc reserves are low he may get it. I also recommend your son and his girlfriend are on ample amounts of Ester C and L Lysine. It's very important your son and his girlfriend stay off dairy products and eggs right now so she can heal up faster and to protect your son. Licorice root tea and ginger tea would also be very helpful for both of them. These are simple ways they can both protect themselves. Love and blessings.

Question from @Melissa McGregor:

Melissa McGregor Hello Anthony, I am battling Stage 4 colon cancer, and am only 32 years old!! Most recently, the cancer has spread to my lungs, causing my lower left lobe to completely collapse. I also have tumors in my pelvic area that cause severe pain in my hips and down my legs. Any and all help or advice would be appreciated more than words can say!! Please help me save myself because the chemo and radiation aren't working!! Thank you!!

Answer for Melissa:

Hi Melissa. I am so sorry you are going through this. My prayers are with you. Have you thought of working with a doctor who can give you intravenous vitamin C therapy? It can be very helpful for what you're dealing with. I also recommend praying to the Angel of Mercy, Angel of Light, and Angel of Healing for support. The Angel of Faith can also help you and doing the exercise I describe at the end of this video would be helpful as often as possible - <https://youtu.be/ngQJjWkPjk>

. These Angels are powerful and can bolster you and provide you with the support you need right now. Increasing your fruit and vegetable intake would also be very helpful, along with removing eggs and dairy from your diet if you are consuming them. I am with you and I support you. Many blessings.

Question from Eva Cahill:

Question: my husband and I run a business that brings organic and sustainable food from Vermont to 800 Boston families every week, all year long. Is it possible to return zinc and other critical nutrients to the soil, thus the food, in a natural way? Is composting the best way to do this, or biodynamic preps, or other methods? Thank you - much love from the Green Mountains.

Answer for Eva:

Hi Eva. Rock dust and sea minerals are two important ways to remineralize soil and significantly improve the nutritional profile and nutrient density of our food. And it's great that you live in Vermont

because you actually have a rock dust supplier in your own state, here's the link <http://rockdustlocal.com/>

There is also a great online community for support and information on strengthening our soil and remineralizing our earth, found here <http://remineralize.org/online-community/>

. And for wholesale sea minerals, here is a good link <http://www.seaagri.com/>

But if you're looking to use only a small quantity for homegrown food, you can always just order from amazon here <http://amzn.to/1s8Gggn>

. Thank you for your dedication to local farms and for getting organic and sustainable food into the hands of as many people as possible. Much love and many blessings to you!

Question from Bri Nevárez:

Hi Anthony I loved your book and keep reading the section about EBV and the angels. I have been suffering for over year now. My stomach ache never goes away. My pain started in my abdominal area that radiated to my lower back and at one point I also felt in my upper back. I do not have regular bowel movements and also had urinary problems. I have spent a lot of money on different herbs and supplements not to mention that I went through an endoscopy, colonoscopy, cystoscopy, laparoscopy, MRIs, ultrasounds and CT scans and biomagnetic therapy. Today I requested more lab work including a Small intestine bacterial overgrowth breath test. Recently, I have felt a tingly sensation on my hands and sharp cramps (feels like stabbing) on my knees and legs. Please help me, I appreciate your time and your kindness. Blessings, Bri.

Answer for Bri:

Hi Bri. There are many nerves attached to the intestinal tract and stomach. When there is any inflammation of those nerves close to the stomach or intestinal tract, pain can radiate in various places in the abdomen. This is what is happening for you. Usually the inflammation is caused by viral issues, so supporting your body with antiviral foods and supplements would be very helpful. You're also dealing with some intestinal inflammation, which is very hard to detect with current medical practices. The tingling sensation in your hands is also nerve related which is due to viral issues too. It's critical for you to have 16oz of straight celery juice every morning on an empty stomach (I posted a video on how to make celery juice recently at <https://youtu.be/ZvQ4SoCMCP8>), and to eat papaya for breakfast every morning if you can as it will strengthen and soothe your digestive tract and help reduce inflammation. Look for the large maradol papayas. Because your intestinal tract is so affected, the B12 with adenosylcobalamin and methylcobalamin is also critical for you, which you can find listed at <http://www.medicalmedium.com/preferred/supplements>. Herbal teas like ginger, peppermint, spearmint and licorice are very important for this issue also and I recommend drinking at least one of them daily. They are gentle ways to help you move forward with healing. Many blessings.

Question from Peggi Bosworth:

I would like to know the cause and the treatment of cyclic vomiting syndrome. If this is not what I have I would like to know. There is a large community, many of them children, who have this disorder. Thank you for the giving of your gift to so many people.

Answer for Peggi:

Hi Peggi. This syndrome is caused by issues with the vagus nerve. Two things can be happening to this nerve. One is that a message is being sent from the brain down to the vagus nerve to cause the vomiting. The other reason is that the tip of the vagus nerve is inflamed in the abdomen area. For some people, both of these issues are happening, for others it's just one occurring. One of the main

reasons this happens is because of toxic heavy metal poisoning, so some gentle heavy metal detox would be very helpful for anyone experiencing cyclical vomiting syndrome. The best way to do this is to read the chapter in my book on this topic and implement the guidance there. There are five foods that are important for heavy metal detox - fresh cilantro, spirulina, barley grass juice powder, dulse, and wild blueberries. Have the person suffering try to incorporate one or more of these foods to begin gentle heavy metal detox. Blessings.

Question from Kimberly Smith:

Hi Anthony! I have a son with Crohn's disease. Is there anything he can do to help with the inflammation? I would love to see him off his meds someday!!

Answer for Kimberly:

Hi Kimberly. With Crohn's it's very important to stay completely free of gluten, dairy, corn, and eggs. This can help to decrease inflammation in the intestinal tract and will help your son to start moving forward with healing. If it's too overwhelming to eliminate all of these foods at once, you can start with just one and then move onto the next, and so on. It would also be helpful for him to start drinking 16oz of straight celery juice on an empty stomach each morning. I posted a video on how to make celery juice recently at <https://youtu.be/ZvQ4SoCMCP8>

. Your son could also try having aloe water to soothe the inflammation in his gut. It is bitter to drink but it's a very powerful healing tool. You can learn how to do it in my blog post at <http://www.medicalmedium.com/blog/aloe-water>

. For continued support, I recommend you and your son check out <http://colitisandcrohnscenter.com/> They provide support through phone consultations to help give you step by step support and instructions while healing. Blessings to you and your son.

Question from Jillian:

My question is for my 18yr old son. In September he went to college and was assaulted by his roommate shortly after moving into his dorm. He sustained a serious concussion that he still has not recovered from (has had to withdraw from school and is home with me recovering). He has been seen by a neurologist and is being followed by his primary care but they have not had many suggestions to help his discomfort other than time. I can't seem to find the right supplement mix to help him or healing modality (we tried cranial sacral therapy). I am a massage therapist and so I do massage him as his muscles are guarding a bit. He also appears to be dealing with low aldosterone. He is fairly uncomfortable with varying symptoms (high fatigue, startle response, difficulty sleeping, busy mind, electric type shock sensation down his forearms to his hands, dizziness and the list goes on). Any help you could give us would be so welcome. And thank you for all that you do! Your advice has improved my own health tremendously.

Answer for Jillian:

Hi Jillian. Your son has nerve inflammation from the concussion, which is causing the nerve shocks. His vagus and phrenic nerves in particular are a bit inflamed and that's causing the dizziness and many other symptoms. B12 with adenosylcobalamin and methylcobalamin is critical for your son.

You can find the one I prefer at <http://www.medicalmedium.com/preferred/supplements>

. It's also very important to clean up your son's diet so the inflammation can go down. Take out any eggs, dairy products, wheat, gluten in your son's diet. Also reduce his animal foods and bring in more fruits and vegetables, more avocado, potatoes, butternut squash, sweet potatoes, quinoa and brown rice. That will help speed up his recovery from this inflammation. Spirit says that Liposomal C is another important supplement for him that will help his recovery. Please tell your son I'm proud of

him and to hang in there. He will get better and these steps will help. Blessings to you both.

Question from Melanie:

Hello! Thank you for all you do. My question is after starting a small detox program with celery juice in the morning lemon balm incorporating blueberries taking the B vitamin taking probiotics and the EPA's and really adding more leafy greens and veggies to my diet could this all start a shingles flareup? I have suffered from cold sores my whole life, and is now at age 41 about a month after starting all of these new supplements and lifestyle I have what appears to be shingles on my chest, it burns all the way up one side of my neck. I have 1 million questions, but this really hurts and itches.

Hi Melanie. I'm really happy you are doing the detox, you're doing a great job. The detox you've started didn't start the shingles flare up. The rash you are getting now means you already had a shingles flare up on its way. Shingles usually comes out in women anytime between 38 and 45. Some women experience it earlier or later but that's when the majority of women get it. For shingles to be at the stage of causing a rash means it was already in the process of coming out for at least the last year and a half. It takes that long to work itself to this point. You can't be on a protocol for a month and then have shingles rash flare up because of that protocol. The diet and supplement changes don't cause shingles, but if we hypothetically said it was causing the shingles, then the rash would come out in a year and a half from when you started making the changes causing it. It takes that long to come out on the skin. The diet and supplements you are taking will actually be helping you to get rid of the shingles. Spirit recommends you keep going with these changes so you can recover as quickly as possible. Spirit also says it's very important for you to take the zinc sulfate I recommend, plenty of L Lysine, and licorice root tea to help speed up your recovery. If you are open to the 28 day Healing Cleanse, that could also be very helpful. Many blessings.

Question from Pamela:

Is there any supplement that helps our teeth? Have had a few issues with root canals & crowns. Is it possible to 'fix' tooth decay?

Answer for Pamela:

Hi Pamela. To help tooth decay, one of the things that's needed is fruits and vegetables that are rich in the mineral silica. One great food for teeth is any kind of leafy green like kale, cilantro, spinach, and lettuces like butter leaf and red leaf. Mineral salts are also very important. Drink 16oz of celery juice every day if you're not already doing it. Celery juice helps protect teeth so that they can restore and stop decaying. Also, you can brush your teeth with whatever product you like to use, and then afterwards put a little coconut oil on your toothbrush and brush with it. That's a really great way of preserving tooth enamel. Many blessings.

Question from Alexandra:

Hello Anthony, my son has tinnitus which has not improved even with supplements. Any thoughts on what else he might do? thanks so much!

Answer for Alexandra:

Hi Alexandra. Tinnitus doesn't usually go away overnight, but what you're doing is working on healing the root cause. The labyrinth of the inner ear is inflamed, and once you heal the root cause with the supplements and diet, it then takes time to heal the nerve. The great work you are doing now will showcase a year from now, so keep up with all you're doing. Make sure your son is taking

the B12 I recommend with adenosylcobalamin and methylcobalamin (see the supplements I recommend at <http://www.medicalmedium.com/preferred/supplements>) and make sure you keep wheat, gluten, dairy, and eggs out of your son's diet so the inflammation can come down. Blessings to you and your son.

APRIL 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from [Denise](#):

Hello AW! I'm curious if Spirit believes POTS syndrome is an autoimmune disease and if so what should my protocol be? Thank you!

Answer for Denise:

Hi Denise. Autoimmune diseases are not what they are thought to be. I talk about this extensively in my book because there's so much misunderstanding around the autoimmune disease concept. POTS is actually caused by a viral infection that is related to the Epstein-Barr virus. It's very important for you to support your adrenals by eating every hour and a half, and you could snack in the way I outline in the Adrenal Fatigue chapter of the book. If you follow the EBV chapter guidelines with the healing foods and supplements I recommend, POTS can get better and you can recover. Blessings.

Question from [Sarah](#):

Hi Anthony, love your work! I have a question about vegetables and fluid. I've been eating a diet high in veggies for a long time (and am about to start the 28 day cleanse). I usually eat plenty of cooked veggies and veggie-fruits (squash, zucchini, broccoli) because I feel I digest these better compared to raw, but I find I wear a lot of 'water weight' when eating lots of veggies (excluding leafy greens). Whether this is from the veggies and/or something else I don't know but the water weight pressure can be intense. (I find I wear a lot of water weight regardless of what I eat.) If you have any guidance on this that would be super! It would be also helpful to know if raw or cooked veggies are better for some people or best to mix it up, esp on the cleanse?

Answer for Sarah:

Hi Sarah. You can mix up the raw and cooked vegetables in your diet, but do the raw fruits and veggies during the day and cooked veggies at night. That will help your healing process and digestion. The water weight is from a miscommunication happening between your liver, spleen and kidneys. I suggest you do the 16oz of straight celery juice on an empty stomach every day. You can do this as your first daily drink on the cleanse too. The minerals salts in this juice will help to ignite the kidneys and freshen up the liver. That can make a big difference. You can also do aloe juice each day by blending the gel from inside a third of an aloe leaf each day with water and drinking that. It doesn't taste fantastic but it's a powerful remedy. Drinking 2 cups of nettle leaf and red clover blossom tea each day will also help the water weight as they act as diuretics. Buying the herbs and making your own teas with 1 tbsp of the herb per one cup of water would be a good amount to brew. Blessings to you.

Question from [JR](#):

Well, this question may not be answered, I will throw it out there, just because it might benefit other women ... I am going to be 48 in June. I have not been vigilant about your protocol, however, I have incorporated more fruit and greens into my diet. My monthly cycle has changed. It was getting shorter before my fruit consumption. It would normally last 2 days maybe 3 on a good month. Now it lasts from 5 to 7 days. Could I still have a child?

Answer for JR:

Hi JR. Yes you could still have a child. When you up your fruit consumption, your reproductive

system starts to rejuvenate and reverse in years. The possibility of conception will be greater because the reproductive system relies on glucose and the antioxidants and phytochemicals in fruit. Fruit feeds the reproductive system and keeps it younger. Your cycle lasting longer is a good sign that it's helping. You don't have to have a long cycle in order to have a healthy reproductive cycle, but in your case it's a very positive sign. You're reversing your aging process and doing a great job, I'm very proud of you. Keep moving forward and continuing to increase your fruits and vegetables. Blessings.

Question from [Dana](#):

Hi Anthony, I am hypothyroid and started following your protocol to include Nascent Iodine. When I take the iodine I get a strangling feeling, as if I am being choked. I believe I may have a goiter but have not been diagnosed. Should I keep taking iodine or is this doing more harm than good? Thanks to you and spirit for all you do!

Answer for Dana:

Hi Dana. Spirit says you have an iodine sensitivity, so you can hold off on taking iodine right now, and don't eat any seaweeds or fish either. Instead you can focus on keeping your diet really clean to help your thyroid, and eating the foods I recommend for thyroid issues in my book. Spirit recommends taking barley grass juice powder instead to help your thyroid, along with liposomal C. You can find these supplements at <http://www.medicalmedium.com/preferred/supplements>. In time, you will be able to tolerate iodine again. Many blessings.

Question from [Sirena](#):

I was bitten by a dog. Since then I had have continuous knee & leg pain. Also as a few other things have occurred to which I have no other explanation for. Can you tell me how much of my aches, pains and other symptoms are related to the dog bite? Thank you for all that you do and the wonderful information you share!

Answer for Sirena:

Hi Sirena. The dog bite isn't the reason for the continuous knee and leg pain. The dog bite was a trigger, like a bee sting or tick can trigger underlying conditions like I talk about in my book. The aches and pains are actually from a low grade viral condition (Epstein Barr virus) that was already on the edge of coming out within the few months or year that you got the dog bite, and the bite just triggered it to come out. If it wasn't the dog bite, something else would have triggered it. It's important for you to remove any inflammatory foods from your diet, including all wheat, gluten, dairy, and eggs. See how you feel by removing these foods. Spirit also recommends you start taking the B12 with adenosylcobalamin and methylcobalamin that I speak about, along with vitamin C. See the supplements I prefer at <http://www.medicalmedium.com/preferred/supplements>. It would also be very helpful to continue increasing the amount of fruits and vegetables you are eating, if you're not already, especially the healing foods I list in the EBV chapter of my book. You can also consider some of the other supplements listed in this chapter too. Blessings to you.

Question from [Veronica](#):

Hi Anthony, I would like to know if there a remedy to heal herpes. I've been dealing with this since I was teenager. It started with cold sores now starting to show in intimate places. Thank you for your answer, and God bless you!

Answer for Veronica:

Hi Veronica. If you're breaking out with herpes simplexes, you have a severe zinc deficiency. It takes time to correct and it won't clear up right away. Over time, as you take the right remedies and clean up your diet, if you haven't already, your body will heal and you'll get them less and less frequently until you are in a much better place. Everybody has simplexes in them, but your immune system is not responding as it should because of this severe zinc deficiency you have. The remedies for

herpes are fairly standard for all herpes varieties. These include plenty of L Lysine, zinc sulfate, silver hydrosol, and licorice root. You can find my preferred providers of these supplements at <http://www.medicalmedium.com/preferred/supplements>. You can reference the Shingles chapter in my book for more details on how to recover from chronic herpes. Blessings.

Question from **Christy**:

Hi Anthony. Thirty plus years of symptoms. Infertility, endometriosis, kidney removed, gallbladder removed, mono twice, fatigue, ebv, low weight, mthfr, adrenal fatigue, hot flashes, constipation, food allergies, ovarian cysts, muscle aches, nerve pain, etc...(currently my right arm has stopped swinging when I walk).....I'm tired of being a symptom (s). What's the best way for me to proceed so I can find my joy again?

Answer for Christy:

Hi Christy. It's important to remember that your body does want to heal and it's fighting hard for you every day. Anything you do for yourself, like eating more fruits and vegetables, or getting five minutes of sun, or getting some fresh air, helps your body heal, especially when you know you are doing it for the purpose of healing. Your body will take hold of whatever you do for it and move you forward, just focus on making this connection that whatever you do is for your body to heal. Your body will surprise you and help you rise out of the ashes and above all you've been through. Even though you've been through so much, Spirit still sees so many areas of good health in your body. I want you to know and hold onto that and infuse this knowledge inside of you. If you're not already, two very powerful healing tools for you are having 16oz of straight celery juice every day on an empty stomach, and including some wild blueberries (a cup or more) in your diet every day. You can defrost them and eat them plain or blend them into smoothies. A simple combination of bananas or mangos, dates, wild blueberries, water, and a couple handfuls of spinach could be really great for you if you can do that. As you're able to, you can include more of the healing foods and supplements in the EBV chapter of my book, and make sure you are not eating any of the Foods Not To Eat in my book. I'm really proud of you, hang in there and keep focusing on all the good work your body is doing for you. It truly loves you. Blessings.

Question from **Morag**:

Hi Anthony Please help me with my frozen left shoulder and Sjögren's. My lymph nodes are inflamed and I have severe knee pain. Thank you in advance.

Answer for Morag:

Hi Morag. Your frozen shoulder and Sjögren's is from shingles. I talk about this in my book so I recommend reading the Shingles chapter. For this virus and symptoms, your diet needs to be really clean. The 28 day cleanse would be very helpful for you to do (you can go longer than 28 days too if you can) as it's designed to be an anti-viral cleanse. Spirit says zinc sulfate, L lysine, vitamin C, and curcumin are also important for you. You can find my preferred providers of these supplements at <http://www.medicalmedium.com/preferred/supplements>. Keep moving forward with the information in my Shingles chapter, and work with a natural practitioner if you like. Blessings to you.

Question from **Karen**:

Anthony and Spirit - you have helped me so much, I can't even begin to thank you enough. You have been such an incredible blessing, and I tell all my colonic clients about you. I thought I might put myself out of business, but I see that it takes awhile for people to catch on and make big changes. I wonder if you could talk about alcoholism. A lot of my family members have it, and I sometimes think I see signs of it in my 15 year old daughter. I believe it is a physical condition caused by low neurotransmitter or some other neurological malfunctioning, but I'm not sure, and I would love to know if there is anything I can do to head it off before she becomes an adult. I giv

her maryruth organics and smoothies, but she's resistant to the B12 for some reason, even though it tastes great (rebellion?), and I feel that she needs it. Her diet is pretty good - mostly vegetarian, good amount of fruits and vegetables, low on leafy greens, some beef, chicken or turkey, but not much (her choice). Haven't incorporated spirulina/barley/wild blue/cilantro/dulse into her diet yet. THANK YOU again, and again, you have completely changed my life, I can start focusing on other things besides my own health!

Answer for Karen:

Hi Karen. You're correct about the neurotransmitter and neurological malfunctioning, that's a fundamental basis of how alcoholism works. But what's really happening with alcoholism is that there's a lack of glucose getting to the brain and a lack of glucose storage. People who become alcoholics have a greater need for glucose for a variety of possible reasons, and they eventually start drinking alcohol because alcohol is like methyl-sugar, meaning it drives into the brain faster than table sugar does. The sugar is like a vapor and gets into the brain instantly. Almost all alcoholics have a sugar deficiency in the brain and they end up relying on alcohol, but of course they then face the addictive nature of alcohol. This is another reason fruit juices are mixed with alcohol in many drinks and are so popular - it's really the need for more glucose. It's very important for your daughter to eat more fruit because of this greater need for glucose. The more fruit she eats, the higher the glucose will stay in her system, including getting to her brain, which can help thwart off alcoholism and even make it not taste good. Bring more fruit into your daughter's diet like grapes, strawberries, watermelon, and any other fruits she likes. The B12 with adenosylcobalamin and methylcobalamin is a great idea for your daughter also. You are a great mom Karen, I'm proud of you. Blessings.

Question from [Leslie](#):

Anthony, I have been on your cleanse for three weeks. I feel better than I have in years but I do have one thing that troubles me. I seem to be losing a lot of hair. What would you suggest is the reason and what can one do to stop the trend. Thank you for your help with this.

Answer for Leslie:

Hi Leslie. Hair loss you're experiencing today is actually caused by something that happened in your life 8-10 months ago. This is true for anyone who loses hair. It takes that long for your hair to fall out after the cause occurs. You don't lose your hair from something that you're doing in the moment that your hair is coming out. For example, if you lose hair from chemotherapy, it takes time to fall out. It's important to look back at what was happening in your life around 8, 9 or 10 months ago and note if you were under stress, what you were eating, your lifestyle choices, any deficiencies you may or may not have been aware of, and so forth. Spirit recommends you take B12 with adenosylcobalamin and methylcobalamin, barley grass juice powder, and Gaia Herbs Thyroid Support to help with the hair loss. All the brands I recommend for these products are listed at <http://www.medicalmedium.com/preferred/supplements>. Blessings to you.

Question from [Margaret](#):

Hi Anthony and Spirit, thank you for all you do for others! I have been getting treatment by a Naturopath for Lyme disease for 1 year. I did the cleanse in January and have continued to eat raw for 2 out of 3 meals a day with raw snacks in between. My problem is that I can't seem to lose weight no matter what I do. I am starting to try to work out a bit more because since the cleanse and continued eating I have a bit more energy these days. I listened to your webcast about losing weight and I was a big meat eater before January of this year and have cut my fat intake by 80% but it doesn't seem to make a difference. Does it take a long time for the liver to become less fatty so that weight can begin to come off? Thank you again and bless you!

Answer for Margaret:

Hi Margaret. You are doing a great job. It's wonderful that you've lowered your fat and did the cleanse. I'm really proud of you. I'm glad you're working with a naturopath. You could work with your naturopath to focus more on your thyroid which has a viral condition and is holding you back from losing weight. It would be better to focus more on your thyroid than the Lyme disease even. It takes time for the liver to heal. To help your liver recover faster, you can go completely plant based for longer if you're not already. You can stay on the 28 day cleanse to really help your liver continue to cleanse, but make sure you are eating enough calories. This will give your liver a big jump start, along with focusing on your thyroid more with your naturopath and applying the information in the thyroid chapter in my book. You are doing a great job, and with these tweaks you will be moving forward even more. Blessings.

Question from [Jill](#):

Hi Anthony, thanks for sharing your gift with the world! In your book I didn't see anything on blood pressure. Mine fluctuates and I am developing a phobia about having it taken now, even at home, so don't feel I can get an accurate reading. My husband has been put on BP meds by his doc recently and I know I don't want to go that route. My question is do you think I should be concerned about my blood pressure? I feel good in general but when I think about it I feel stressed and anxious. Any thoughts spirit has would be appreciated. I hope you are able to have down time to take care of yourself and enjoy this life, you deserve it. I saw you on a Hallmark show recently and it sounds like you work alot! My best to you and your family, and again many thanks for your work!

Answer for Jill:

Hi Jill. Liver issues are often the cause of high blood pressure for many people, and Spirit tells me that you have a stagnant, sluggish liver that is causing the fluctuations in your blood pressure. It would be very helpful for you to have 16oz of straight celery juice every day on an empty stomach. You have a magnesium deficiency so you can take magnesium glycinate daily to help with that, which will also help your liver and blood pressure (see the brand I recommend at <http://www.medicalmedium.com/preferred/supplements>). It's also important for you to do things you enjoy to help lower your stress levels. It would be very helpful for you to bring more leafy greens and vegetables into your diet. Instead of checking your blood pressure at different times of the day, check it at the same time twice per day. So you could check it at 8am and 7pm every day for example. Keep the timing consistent so you get a more accurate reading. Blessings to you.

Question from [Anne](#):

I'm looking for answers for my 14 year old daughter who has 60% hearing loss in her right ear. It happened suddenly and with out warning 20 months ago after her eardrum burst. We don't know why the eardrum burst and we are looking for answers to protect her other ear and hopefully restore her hearing.

Answer for Anne:

Hi Anne. It's not unusual for hearing loss like your daughter is experiencing to happen. There's different varieties of streptococcus that get into the ear and they can cause otitis media, which is a middle ear infection, and some varieties of strep burst the eardrum and ooze which can result in a loss of hearing. For some people it can take 6 months to get hearing back, and sometimes it can be longer. I recommend working with a natural doctor or practitioner who is open to the problem being from a strep bacterial infection, and work with them to help build your daughter's immune system up. It's very important she stays off all dairy products like milk, butter, yogurt, cream, and cheese. Strep usually only affects one ear but staying off dairy will help protect your daughter from getting the strep in the other ear also. Taking Vitamin C, like the Liposomal C or Ester C (see the supplements I prefer at <http://www.medicalmedium.com/preferred/supplements>), would be very helpful for your daughter. Spirit also recommends increasing her fruits and vegetables to help build her immune system. Foods that are especially helpful for strep include

oregano, cranberries, lemons, oranges, pears, cucumbers, sweet potatoes, onions, garlic and sprouts. Blessings to you and your daughter.

Question from [Barbara](#):

Hi Anthony, I have been dealing with ringing in my ears and off balance issues, with no answers from two specialists. Head feels heavy most times. Tried celery juicing in am, had to stop felt so nauseous most of the morning. One ear constantly itches inside. Tried taking some supplements on ebv list, if I don't have something substantial in my stomach, it makes me so sick feeling. I do have stomach issues with heartburn, only relief is Prilosec. I am adding more fruit and vegetable to my diet and avoiding corn and eggs and wheat.

Answer for Barbara:

Hi Barbara. You are dealing with Epstein-Barr virus which is creating the ringing in the ears and balance issues, and your intestinal tract isn't going to feel good and you're having heartburn because gallbladder and liver issues become problematic with EBV. It's wonderful you are adding more fruits and vegetables and removing some of the worst foods, you're doing a great job. You can try small amounts of the celery juice to see if you can adjust to it slowly. Try 4oz per day to begin with and work up from there over time. It's common to feel sick taking supplements without food in your stomach, so keep eating a little before you take them to make it more comfortable. With all the great work you're doing, you will get results over time. Just keep at it one day at a time and you'll be moving forward. I'm really proud of you.

Question from [Keri](#):

Dear Anthony, My anxiety is rising. What are all of these symptoms I have? EBV? Candida? Pheochromocytoma (doctor is considering this)? IBS? Enzyme deficiency? Mercury toxicity? Thyroid disease? Pituitary problems? Autoimmune disease? A stealth virus? Gallbladder or liver problems? Chronic stress? Toxin exposure? All of the above? I'm working on things, but it feels like I'm throwing darts and not quite landing on the board. Please help. Thank you.

Answer for Keri:

Hi Keri. You're dealing with Epstein-Barr virus, which is irritating your nerves. I recommend taking the EBV chapter of my book to your natural doctor or practitioner and working with them on the healing protocol. The supplements and foods in the EBV chapter could be very helpful for you. The 28 day cleanse in my book is also anti-viral and could be something for you to try. You also have a B12 and magnesium deficiency, which is also affecting your nervous system. The B12 with adenosylcobalamin and methylcobalamin is critical for your sensitive nerves as is magnesium glycinate (the supplements I prefer can be found at <http://www.medicalmedium.com/preferred/supplements>). I also recommend eating more of the foods that soothe the nervous system like papaya, banana, mango, potatoes, and butternut squash. This in combination with working on the EBV protocol in my book will help you to move forward. Blessings to you.

Question from [Tina](#):

Thank you thank you Anthony for all you do. I suffer from extreme constipation made worse by spirulina and barley grass juice powder. I am drinking celery juice, lemon water, lots of water, eating tons of raw and cooked veggies including potatoes, dates and taking lots of aloe and magnesium. Is there anything else I can do so I don't have to always resort to senna?

Answer for Tina:

Hi Tina. You are doing a lot of great work, well done. If you are extremely constipated, even those most healing dried foods like spirulina can be a little problematic. You can lower the amount of these you take for now if you wish. One whole maradol papaya each day for breakfast would be fantastic

for you to help the bowel move and also the inflammation in the bowel. You can eat it straight or blend it into a papaya smoothie. If you're eating animal foods, it would be helpful to stay off those for a while until the constipation corrects as they can be problematic for what you're dealing with. If you are baking any foods versus steaming them, that could also slow things down. Anything with less water is not ideal right now until this corrects. Adding some ginger to your lemon water could also be a helpful addition. The other things you are doing are great. I'm very proud of you Tina. Blessings.

MARCH 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from [Vickie](#):

Hi Anthony, Thanks for all you are doing! I am getting the word out about your work to as many people as possible. So many people are suffering! I have adrenal fatigue, hypothyroidism, Hashimotos, Lyme, and was diagnosed with EBV 26 years ago, hypoglycemia all my life, and for 2 years bloating and digestive troubles, and most recently full blown osteoporosis. I have done the 28 day cleanse, but with sweet potatoes and other dense cooked veggies after 4 PM. Celery juice sometimes make same feel strange in my head at times-due to too much salt maybe? Am feeling better slowly, following the EBV supplemental protocol and foods, but am wondering what can I eat/take to reverse osteoporosis?

Answer for Vickie:

Hi Vickie, I'm very proud of you for all the great work you're doing. The EBV you were diagnosed with is responsible for your adrenal fatigue, and the Hashimotos and Lyme disease diagnosis, and also your hypoglycemia. You're doing the right things, so keep moving forward with that. The strange feeling in your head after drinking celery juice isn't due to too much salt, it's because the mineral salts in the celery juice are healing your body and flushing out toxins. The EV in your liver (which is causing the hypoglycemia) has been there for a long time and as you drink the celery juice, you get that strange feeling because your liver is responding to its healing properties and flushing out poisons. For osteoporosis, you need to supplement with silica. Many people think calcium stops osteoporosis, but it's actually silica that is critical for slowing down, stopping and even reversing osteoporosis. I'm so happy you have done the 28 day cleanse because it stops acidosis, which dissolves the bones and thus helps to prevent and reverse osteoporosis. Spirit recommends continuing the cleanse for longer if you can, that could be very helpful. You are doing great work. I'm really proud of you. Many blessings.

Question from [Rush](#):

About 30 minutes after drinking a fruit smoothie for breakfast I will get so groggy I have to fall asleep. The smoothie contains all organic everything of chia seeds, celery, mango chunks, strawberries, blueberries, honey, romaine and cucumber. Why am I getting so tired?

Answer for Rush:

Hi Rush. You're dealing with a need for a little bit more calories in your smoothie, along with a bit of hypoglycemia and adrenal fatigue. Your smoothie is full of wonderful ingredients and you are doing a great job including it. You can tweak it to make it even better for your specific issues however. Firstly, add more fruit to it as that's where the calories come from. Cucumber is wonderful but you can replace it with 1-2 celery sticks for an even better ratio of mineral salts that will help you. Take out the chia seeds as they could be affecting your digestion in combination with the fruit in your smoothie. The other ingredients are all great. It would be helpful to ask yourself if you get tired after other breakfasts or meal you eat also? It's important to look back and see what else is making you

feel tired. You can keep a food journal if you wish. You also need to consider the rest of your diet. The way you feel after your smoothie can actually be more to do with what else you're eating than the smoothie itself. Make sure you are eating a clean diet and eating every 1.5 hours. This is extremely important as you have underactive adrenals and a bit of hypoglycemia. If you're eating animal protein, try to minimize it to one time per day because of your health issues. If you're not eating animal protein, make sure you reduce how much oil or plant fats you need. Avocado is a great choice. You may also be falling asleep because your body is responding to the healing that happens when you drink your smoothie. You can rest for a little while and then eat a little bit again. Spirit recommends you take the B12 with adenosylcobalamin and methylcobalamin and an Adrenal Support supplement like the one by Gaia herbs (see the recommended brands in the Supplements file). Spirit says you also have a chromium deficiency which is affecting your blood sugar health, so adding in a chromium supplement will be extremely helpful for you. Blessings to you.

Question from [Linda](#):

I want to ask about using lemon water to help my liver and kidneys. I began your program in Dec 2015, starting with the celery juice for increasing HCL. It has helped wonderfully along with your modified vegan diet and supplement recommendations. About three weeks ago, I began using lemon water to see if it would help stop aching in my liver, kidneys and pancreas. It has helped somewhat but a side benefit has been soothing the raging sleeplessness (drowsy all day; restless and awake for hours at night) I've had for half my life. I find I sleep deeply from about 11 p.m. until around 4 or 5 a.m. when I wake up shaking. This is very stressful and worrisome. Can you help me understand whether I should continue lemon water in the evenings or try something else? I'm also taking the chlorine/fluoride pulling tea plus various supplements and foods you recommend. Thank you for answering my question and thank you for all you've done bringing your book, radio show, and online forums to those of us who've struggled with poor health for such a long time. Blessings.

Answer for Linda:

Hi Linda. Yes lemon water is very good for your liver and kidneys. You can still keep juicing celery. Spirit recommends adding raw or steamed asparagus and steamed artichokes into your diet as much as possible to help your liver and kidneys. Aloe vera juice is also very powerful at cleansing your liver and kidneys. You can buy whole aloe leaves and fillet out the gel inside the green leaf. Blend the gel with some water, coconut water or juice and drink every day. Keep up the good work. I'm really proud of you. Blessings to you. When you wake up at 4am, try to eat a little something, like a quarter or half of a banana, as that will get glucose to your nervous system to help with the shaking while you're healing.

Question from [Natalie](#):

Hi Anthony, you have said that high test results- say of b12 or serotonin etc, actually implies low level in organs. How do we facilitate the utilization process then to make sure gets to organs and doesn't build up? My results are always high & says high serotonin and dopamine which is why I thought I have an anxiety reaction to 5htp where as many use it for sleep. I'm afraid to take some supplements due to this-always thought it was a methylation issue. Thanks!

Answer for Natalie:

Yes, it's a methylation issue. The B12 with adenosylcobalamin (see the brand I recommend in the Supplements file) is the one that works for methylation by helping bring the B12 to the organs and nervous system. Spirit recommends you take this one if you aren't already. When the B12 is high like this, it means the organs don't have enough B12 in them. Over time this can also help with

serotonin and dopamine. Taking 5 MTHF can also help you with methylation (see the Supplements file). The other important aspect is making sure your circulation is good by keeping your blood thinner. You do that by reducing your blood fat ratio so methylation can occur. The higher your blood fat ratio, the more problems that can occur. If you eat animal protein, minimize it to once per day. If you're eating plant based, minimize any oils, nut butters, nuts, seeds and avocado. This can be very helpful for methylation issues. Many blessings.

FEBRUARY 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from Robin:

Hi Anthony-so much of your book resonates with me. Is it possible that the virus can find its home in the intestinal tract? Terrible bloating and digestive issues have been my problem for years. After the birth of my son it all seemed to get worse. I've started celery juice and seeing and some other recommendations and am doing better but I don't feel I have the right combination of things yet. Possibly some environmental issues too. Thanks

Answer for Robin:

Hi Robin. I'm really happy you are doing the 16oz of celery juice once per day because your bloating is due to low hydrochloric acid and the celery juice addresses this. The digestive issues are also due to a liver issue. After childbirth it got worse because the amount of adrenaline released from childbirth lowers the HCL even more, and your liver became more sluggish. This can all be turned around. Along with the celery juice, Spirit recommends aloe vera juice. You can use the inner gel of the fresh aloe leaf which is always best, or you can purchase a pure aloe juice. This will help get the bloating down too. Also, drinking some licorice root tea every day will help your liver get out of the stagnancy you're experiencing and help the HCL acid rebuild. Keep forging ahead with these steps, and in time you can see results. Many blessings.

Question from John:

Hi Anthony, My wife was just diagnosed with Meniere's disease. The doctor says that it is not curable. Do you have any suggestions on how to treat this disease? Thank you for all that you do.

Answer for John:

Hi John. You can heal Meniere's disease. In the Epstein-Barr virus chapter of my book I talk about this disease including what causes it and the steps you can take to heal. EBV inflames the labyrinth of the inner ear which brings the Meniere's disease symptoms. Spirit recommends that your wife take L Lysine, Vitamin C and Olive Leaf (see the Supplements file for my preferred brands). It's also very important that your wife removes all eggs, dairy, wheat, corn, and canola oil from her diet. Read the EBV chapter in my book along with the chapters in Part 3: How To Finally Heal. Get your wife doing as much as she can with the information I share, take it one day and a time, and she will be moving forward. Many blessings to you and your wife.

Question from Sandra:

Hi Anthony and team. I have been trying for years to take b12 and methyl b's but as my symptoms progress and get worse, classic shingles in my nervous system, ebv in thyroid, and probably high metal toxicity, I can't tolerate any supplement any more..apparently my glutathione is also defective so I hang on to my toxins. I have to be really careful with how many blueberries, cilantro, spirulina I eat or I crash..my head is foggy, sharp And dizzy all the time. Not sure what to do, I feel like I'm backed up to a wall. Doing as much raw and lots of fruit as I can. Juicing every day. I've been stuck like this for over a year now..any suggestions??

Answer for Sandra:

Hi Sandra. If you're hyper sensitive to any kind of supplementation and food right now, it can change. Spirit says if you keep your food as clean as you can, over time you'll lose the sensitivities. I've seen this happen countless times. It's important to be careful not to blame the healthy foods you

eat for the symptoms you're experiencing because the fogginess, dizziness, weakness and fatigue are all part of neurological symptoms and they're going to ebb and flow regardless of when you do or don't have a food. It's going to be unpredictable so you need to be careful that you don't fear the foods that are helping you. Keep doing as many fruits and vegetables as you can, like you already are, and on the days you can, add just a little bit of cilantro or wild blueberries, and so on. Eventually your body will detox systematically and carefully and you'll become stronger and be able to take supplements. I know it feels like you can't do anything right now but give it time and keep getting as many fruits and vegetables you can in. It can and will get better. Hold back on the supplements if they are too rough right now and try them as you feel able. Also, because your nervous system is in a weakened state right now, when your blood sugar drops, which is happening regularly, your head gets foggy and you crash. It's critical you still eat every hour and a half to keep your blood sugar up even if your nervous system is sensitive and you are unsure what to eat. Blessings to you.

Question from Patti:

Dear Anthony ~ I so appreciate your wisdom and dedication, thank you!!

I am a Naturopath and you have opened my eyes to so many wonderful new (to me) concepts. My question is regarding a Hyperbaric Chamber, I recommend it to patients with cancer, alzheimer's, viruses well, almost anything. What is Spirit's advice on this? Again, thank you so much!

Answer for Patti:

Hi Patti. Thank goodness you're out there working with people and helping them. I think the hyperbaric chamber is a good recommendation. For alzheimer's and viruses it's fine. It's one part of the healing equation that can help. If you're not already, add in the other things like the the foods and supplements I recommend in my book and on my radio shows also, so you are addressing all parts of the equation. Thank you for your great work.

Question from Adi:

Hello, I've recently made the change to eat healthy for me and my family. With that being said, other than fruits and vegetables what healthy snacks do you recommend for children because we all know kids love to snack. The kids are 5 and 8. Thank you in advance for all of your information and help.

Answer for Adi:

Hi Adi. I'm so glad you and your family are making healthy changes together. There are many options you can try out with your children. You can take potatoes and cut them into french fries and bake them in coconut oil. You can make gluten free waffles or pancakes with almond flour, quinoa flour or gluten free oat flour with maple syrup and berries on top. Rice crackers and rice cakes with nut butters or sunflower seed or hemp seed butter, or avocado are an easy choice. You can take the pits out of dates and put macadamia nuts or some other kind of nut or nut butter inside them and sprinkle coconut on them. You can even buy potato chips that are baked in avocado oil at some stores now that are a better choice than corn chips. Chopped dried fruit mixed with nuts make a great trail mix. You can make homemade macaroni and cheese or pasta with quinoa or black bean pasta and a cashew based sauce. Dips like hummus and guacamole go well with crackers like the Mary's Gone Crackers brand and chopped vegetables. You can also freeze bananas and then process them in a food processor until they become like a banana soft serve ice cream. You can add any other flavors to this ice cream that you like. Even simple tricks like freezing grapes or mango pieces can be a hit with children. Here's some more recipe on my website that are usually a hit with children:

<http://www.medicalmedium.com/blog/apricot-bliss-bites>

<http://www.medicalmedium.com/blog/orange-creamsicle-smoothie>

<http://www.medicalmedium.com/blog/veggie-hummus>

<http://www.medicalmedium.com/blog/veggie-pizza>

<http://www.medicalmedium.com/blog/banana-apple-oatmeal>

<http://www.medicalmedium.com/blog/strawberry-banana-pops>

JANUARY 2016 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from [Angel](#):

What does spirit recommend to combat cervical cancer/HPV virus?

Answer for Angel:

Hi Angel. Spirit recommends you avoid eggs and dairy products completely because they are two foods that do not help with this condition. It's very important for you to bring in foods that are highly alkaline like spinach, wild blueberries, and romaine lettuce. It would be amazing for you to drink green smoothies daily with fresh fruit, water and spinach blended together. Spirit recommends you drink a freshly made juice each day of romaine lettuce, parsley and cucumber. It would be good to focus on reducing acids and hormones in your diet and body and these foods help with that. Spirit also recommends black beans for you. They are phytoestrogenic so they reduce the hormones, estrogens and the toxic estrogens to that come from plastics and other places. Sending prayers and love your way Angel.

Question from [Pam](#):

I have stage 3A triple positive T2N2 breast cancer. It is very aggressive and estrogen based. I have cysts on my liver, kidneys, uterus, and some sort of spot on my lower lung close to where the tumour was. I am doing various holistic treatments after having a lumpectomy with clean edges. Is there anything in particular that I should be doing as presently I have 5 years to retirement from an automotive assembly plant which is totally toxic and we are renting, short term, an apartment which has been smoked in for at least 50 years and has not likely ever been cleaned while we wait for our home renovation to be finished. I am breathing in a lot of toxins, and have been, for quite a long time. Suggestions??

Answer for Pam:

Hi Pam. First it's very important for you to stay hydrated. Lots of lemon or lime squeezed in your glasses of water every day. Turmeric and ginger are also extremely important. Grate fresh turmeric and ginger and let it soak in your water. You can also freshly juice them with other fruits and vegetables. These foods all very important for removing certain industrial toxins. Spirit says lots of spinach in your diet is critical, as is drinking lots of nettle leaf tea to help reduce estrogen and control it better. Also eating some dandelion greens in salads or juicing them can be very helpful for cleansing toxins of different varieties and lowering estrogens. Spirit also says to start juicing lots of fennel bulb and cucumber juice daily also as they very anti-estrogenic and will be very helpful to you. You are doing a wonderful job. I'm proud of you. Love and blessings to you.

Question from [Rachel](#):

Hello I spent the past week in bed reading your book and preparing for the fast , I have been experiencing several issues for the last 8 years - extreme vertigo, head pressure, brain fog, unable

to concentrate, fatigue , PVC, water retention, weakness, irritability congestion and severe anxiety - the list goes on and on sadly I have been diagnosed with meniers and I refuse to take all the medication they say will help because it doesn't and I don't believe that is what I have. At this moment I am desperate for Answers and will be giving it my all with the cleanse because spending weeks in bed is just not my idea as a fulfilled life - my question is do I take all the supplements listed for the EBV? And I plan on making this a lifestyle change is it ok to continue this cleanse for as long as possible?

Answer for Rachel:

Hi Rachel. You can do the cleanse for as long as you like. It's very gentle so you can do it for a longer time or on and off periodically, you just have to make sure you are eating enough. When you are eating only fruits and vegetables you have to eat a lot more quantity and a lot more often than when you are eating other foods. Spirit says the 28 day cleanse would be very helpful for you. The cleanse is anti-viral, Spirit designed it that way, and it's powerful for reducing viral issues like Epstein-Barr virus, which is what Spirit says is behind many of your symptoms. You can take it one week at a time and if it feels like you are detoxing too fast, you can slow it down a little by adding in some steamed potatoes at night if needed. In terms of supplements, you can start by taking a number of the top listed supplements, for example the first 6-8 and then add in others if you wish. You can also consult with a naturopath or doctor for help with this if you like.

Question from [Jamie](#):

I have stg 4 cancer , chemo induced neuropathy , nerve pain in pelvis from nerves growing back from 3 surgeries , toxic from trying 3 types of chemo , dealing with renal failure (I'm on the mend now since nephrostomy revues out in ... They think it's scar tissue & inflammation causing kidney issues), have read most your book, had the opportunity to listen to the last 2 Monday Hay house sessions, ... My question should start the 28 day cleanse now? Or try to heal my body by eating more raw foods ? I know I feel a ton better when I eat raw but still want to have some chicken and cooked veggies (like baked potatoes and or tonite soup)... However I don't know if that's the cancer wanting the chicken and or warmed veggies ??? I do know not eating dairy sugar red meats has helped me tremendously

Answer for Jamie:

Hi Jamie. The cleanse would be wonderful for you, but if it feels too much you can do the cleanse plus include some steamed potatoes, sweet potatoes and other vegetables you like. If that feels too much still, you can simply keep adding in much more fresh raw fruits and vegetables. That approach will be great for you too. It's very smart that you are staying away from dairy, processed sugar and red meats, especially since it has helped you tremendously. It's also very important you stay away from eggs, corn and canola oil. Incorporate more leafy greens, fruits, vegetables and steamed potatoes for now and a little bit of chicken is ok. Over time you can build yourself up to do the cleanse without the chicken and potatoes. You are doing great. Blessings to you.

DECEMBER 2015 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from [Susan](#):

I am anxiously awaiting delivery of your book, hoping it contains some insights into my health situation that has baffled me and several specialists. It began as a constant itching on the right lower back side of my head- which after 2 months finally inspired me to visit my primary care physician. He ordered an MRI which revealed a modest issue in my cervical spine (I have had at least 2 car

accidents involving whiplash in the past), and blood work which was entirely normal. He referred me to a neurologist, who thought perhaps my occipital nerve was somehow causing the itch, so he injected it with cortisone, which temporarily numbed my head, but the itch returned. His suggestion was for me to return for more shots... I returned to my primary physician and asked if physical therapy might be more successful in addressing any nerve impingement, and he referred me to a physical therapist. After a couple of treatments (including ultra-sound, TINS, manipulation, etc.) I broke out in a rash in my groin, then on my neck, and subsequently around my hips and back. The itch was unrelenting. So my physician sent me to a Dermatologist, who said I had seborrheic dermatitis on my head, and that the other rash was totally unrelated. She biopsied that rash and the results showed increased eosinophils- an indication of an allergic reaction. She prescribed antihistamines and cortisone creams for both my head and hips, and sent me packing. The rash did not respond to the antihistamines whatsoever, so I went to an allergist. The allergist did a panel, which showed that I was allergic to various molds, trees, etc., but he did not feel I was having an allergic reaction. Now my physician is sending me back to the neurologist to explore other neurological options. Fortunately, I have been able to get the rashes on my hips under control, but the head itch- now on both rear back lobes continues. Who knew that itch could make someone so miserable, but I just believe that there is some kind of systemic issue going on and am hopeful for an answer to this mystery. My father, who is deceased, was a Holistic Physician who studied energy medicine and understood that our bodies have the capacity to heal themselves, given the right nutrients, etc., so I am resistant to taking prescription meds. Any thoughts?

Answer for Susan:

Hi Susan. Spirit tells me what you're dealing with is a variety of the shingles virus. There's over 30 varieties of this virus and many don't showcase the typical rashes doctors and dermatologists understand as being shingles. This viral issue is what's irritating your nerves and causing the itch. The 28 day cleanse would be wonderful for you. It's critical you stay away from dairy, eggs, canola oil, wheat, and corn as they will make your condition worse. Spirit says licorice root tea, liquid zinc sulfate (see the supplements file for which one I recommend) and L Lysine would be very beneficial for you daily. Tell your doctor or naturopath that you are dealing with shingles and they can help you move forward. Many blessings.

Question from [Marcy](#):

In the past few years I have experienced serious B vitamin deficiencies and turn to the B vitamin shots. I just recently heard you talk about the shots causing our bodies to create an antibody towards the b vitamin shots. If my body won't absorb them orally, how do I obtain the b vitamins in my body?

Answer for Marcy:

Hi Marcy. Intravenous vitamin B supplements are different to B vitamin shots. They could be a different option to explore with your doctor. You want to stay away from vitamin B shots. Your body can absorb the B vitamins, you just need to be taking the right ones. Spirit says you need to be on the B12 with adenosylcobalamin and methylcobalamin (see the one I recommend in the Supplements file in the group). You also need to eat foods high in B vitamins like kale, spinach, parsley, barley grass juice powder, wheatgrass juice powder and sunflower sprouts. Spirit says you will also absorb these. Include a combination of these every day to ensure you are getting the right sources of B vitamins. Blessings to you.

Question from [Angie](#):

Why is it if all this is EBV does a tick bite send you over the edge to chronic illness and causing us to blame Lyme disease?

Answer for Angie:

Hi Angie, I recommend you read the Lyme disease chapter in my book and listen to the radio show at <http://bit.ly/1KnExeh>. I explain the real cause of Lyme disease and the triggers thoroughly in both and they will answer your question in detail.

Question from [Theresa](#):

About 8 months after having my daughter I started having urinary tract issues.. It often came up that I did not have a uti but calcium oxalate minerals in my urine. I went on a low oxalate diet and still experienced issues. Then I found cayenne pepper actually healed my urinary tract or so I thought. The last 6 months that I have had EBV my urinary tract was fine. In the last three weeks I have started juicing celery and following your advised diet and started feeling so much better! BUT I just started experiencing issues with my urinary tract again. Celery and spinach are high Oxalate along with dates, nuts and almost my entire diet right now. My question is do I need to stop the celery juice? (It has been so beneficial!) Also what does spirit suggest to heal my bladder/oxalate issues? Thank you so much!

Answer for Theresa:

Hi Theresa. Urinary tract issues are not caused by oxalates. This is a popular misconception. If you have inflammation of the bladder or urethra, the tannins in these foods (not actually the oxalates but the tannins) can be slightly irritating to the bladder, urethra and kidney linings, but they're not causing the inflammation. In fact they can be helping you recover from Epstein-Barr virus which is the true cause behind the urinary tract issues. Spirit says you can continue with eating foods with oxalates as they are in fact helping you to recover from the viral issues you're dealing with. Blessings.

NOVEMBER 2015 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from [Christine](#):

Hi Anthony, for the last 3 years my world has turned upside down. Everything that I knew as a solid, healthy, happy life changed and my health took a turn for the worse. Big time. You know this as we have spoken about it in the past. Ever since I came back from Bali I have felt pretty crappy, first I had a skin rash which I got in Bali then a flu type bug, then conjunctivitis and a month later I still feel so yuck! I feel quite nauseous all the time, exhausted and not well. Yesterday when I was driving to pick up the kids I almost passed out. I pulled over and I had a hot flush and complete weakness, my fingers went numb and felt awful... Is this much of the same thing (Epstein Barr) or perhaps hormones or a virus / bacteria that I picked up in Bali that has taken hold??? Thanks so much! Say hi to Spirit xxxx

Answer for Christine:

Hi Christine. Yes, what you're experiencing is coming from Epstein Barr Virus, which got retriggered from a bug you picked up in Bali. One of the greatest blunders in medical history is the belief that if EBV doesn't show in your blood through the tests doctors do, then you don't have it. While it's true it's not in your blood, it just means it's moved to other places in your body, like your liver. The tests can't detect EBV there. EBV creates fatigue, aches and pains, spasms (which are actually caused by the nerves spasming, not the muscles), blurring vision, numbness, and more. These are all

neurological symptoms brought on by the virus. The tests today don't show that EBV is deeper in the system so people aren't getting the help they need. In my book I outline EBV in great detail, and I cover it often on radio show, especially when people call in for answers to their health challenges. Follow the guidance in my book and radio show closely and you will begin to heal. Love and blessings.

Question from [Courtney](#):

Hi Anthony William, is melanoma caused by a virus as well? I had a early melanoma removed last summer and would like to know how to avoid this in the future.

Answer for Courtney:

Hi Courtney, yes Melanoma is caused by a virus. The best thing to do is to protect yourself from future onsets of melanoma by following a maintenance program of antivirals. Chaga and Reishi mushroom tea are critical for you every day, as is taking Cat's Claw tincture (alcohol free) daily. Lemon Balm alcohol-free tincture or tea is also very important. Ask your doctor or practitioner about these supplements. All of these supplements are listed in the Supplement file with links in the 'File' tab in the top menu of this group. You also need to make sure you don't feed the cancerous virus or feed any cancer cells. It's critical to stay away from eggs, canola oil, and dairy. Bring in more kale and frozen wild blueberries, and counteract your stress levels as much as you can by doing joyful things. People who have more joy in their life have less melanoma comebacks. Think of ways to add some more joy into your life and go for it. Love to you.

Question from Kelly:

Looking for answers on how to help my sons who have Tourette's syndrome. We are unable to trace any family members who have this disorder. When it's bad, it seems to almost change their personalities and they also become confused, foggy, angry. I am doing all the supplements I can to help. Magnesium oil, cilantro, fish oil, zinc, b-complex, lemon balm tea....you name it. I want to help my babies. This condition is becoming more prevalent in society. Why? Is this an underlying condition we are unaware of that is causing it? Grateful for any help or guidance!!

Answer for Kelly Callaway:

Hi Kelly, you are a wonderful mom and you are doing a great job with your sons. The Tourette's comes from heavy metal exposure at one point during your child's life. First, you must change the fish oil because it will contain some mercury. Instead use a plant based EPA/DHA (check the supplements file in the group for a good option). All the supplements you listed are wonderful, you're doing an amazing job. You also need to get a little Hawaiian Spirulina and liquid B12 with a blend of adenosylcobalamin and methylcobalamin (both of these are also in the Supplements file). Consult your doctor or practitioner about these supplements. Getting your sons to eat plenty of foods with natural sugars is also critical. You have to keep their blood sugar levels up with snacks every hour to hour and a half to support glucose. Fruit is the best choice and will offer the most healing benefits. Tourettes is brain related, so if blood sugar drops it can trigger the Tourette's so your sons will be much angrier, confused and foggy than they'd be otherwise. Get them on lots of fruit snacks like apples, dried fruits, dates, celery sticks with almond butter on it, cucumber and banana slices, mango, or any fruit your child likes. Coconut water is also critical for Tourette's. Having your sons drink some every day will be very helpful. I'm proud of you Kelly. Love to you.

Question from [Sandy](#):

So excited to be in this group. I have Hashimoto's for 24 years now, finally ditched my dr 2 years ago

and found one that out me on Armour. First year was bliss, weight loss, energy, felt normal!!! Early this year my ins co witch me to NP Thyroid and I do not feel the same although I am being told they are the same. 17 lbs weight gain, fatigued daily, catching colds. I also take vid d, selenium, zinc, b complex, Iodoral, fish oil, coq10, probiotics, magnesium, vit a, vit c...all from designs for health or pure Encapsulations. Now I hear from the hypothyroid sites not to take this w that, or certain time of day, go Paleo, no go AIP...Help! Why hasn't my Naturalpathic told me any of this? She says I can take everything in the am on an empty stomach. Losing my will to care anymore.

Answer for Sandy:

Hi Sandy. It's important to not get lost on Hypothyroid sites because the information won't be totally accurate. The problem is that no one knows the real cause of Hashimoto's and hypothyroid, so they can't give you the correct advice on what's happening and how to heal. I know because I get the information from Spirit and I share it with you in my book, here and on my radio show. The supplements you're on are fine except the Iodoral needs to be swapped to Nascent Iodine, and the fish oil needs to be taken out. It's very important for you to add a lot more fruits, vegetables, leafy greens, parsley, and cilantro into your diet. It's also very important for you to drink 16oz of celery juice once a day on an empty stomach, ideally first thing in the morning. It's also critical you remove wheat, dairy products, eggs and corn from your diet. This is extremely important for Hashimoto's. I also recommend listening to my radio show on Thyroid Issues in the archives at <http://bit.ly/1KnExeh>. Blessings to you.

OCTOBER 2015 ANSWERS TO FREQUENTLY ASKED QUESTIONS

Question from [Charmaine](#):

Hi Anthony. Thank you for the amazing work you do. I have been suffering from RA for about four years in between which I was free of it for five years. i am on High blood pressure meds which I'd love to Ditch! ! I'd be so appreciative of any suggestions. Thank you

Answer for Charmaine:

Hi Charmaine. Rheumatoid Arthritis (RA) is just a label that's been put on the symptoms you're dealing with. It could have just as easily been called 'joint hurting disease' because that's all that's known about it by medical communities. The inflammatory markers rising in the C Reactive Protein test and ANA test are really general and all they're indicating is that something is causing inflammation, but it doesn't tell you what. RA is caused by a variety of the Epstein Barr Virus (EBV). There are over 60 varieties of this virus that are unknown by doctors and health practitioners, and one of them causes RA. You've been suffering with an onset of one of these varieties all these years. You need to take an antiviral approach. Remove dairy, eggs, canola oil, corn, and soy from your diet because they feed viruses. Focus on more fruits and vegetables, and some legumes if you wish, like black beans. Don't overdo nuts and seeds, and stay as low in animal protein as possible. Your high blood pressure could go away if you lower your animal fats. You need to minimize the animal foods and fats in your diet so your liver doesn't become more stagnant and your heart has trouble drawing blood. Your heart pulls blood from the liver through the arteries and veins and your heart is working harder because your liver is slightly congested, and Spirit says this is what is causing the high blood pressure. Instead focus on plant fats like avocado, a little nuts and seeds, a touch of olive or coconut oil are ok, a little fish if you like. Also take the liquid zinc I recommend, nettle leaf tea, L-lysine, magnesium glycinate, and Ester C (all of which are listed in the Supplement file with links in the 'File' tab in the top menu of this group). You can heal Charmaine, I'm with you.

Question from [Gail](#):

Hi Anthony, thank you so much for this group and for all the information you give. I've struggled with digestive issues ever since I went on a series of anti-biotics and not being aware at the time that I should take pro-biotics, this was 10 years ago. My digestive system is super sensitive now and I battle to eat a lot of foods. Eating meat caused constipation so I cut that out which made a big difference. I'm basically vegan now and eat mostly fruit and veg and lots of superfoods and herbs. This has worked really well for me in the healing process however when I'm stressed out my digestive system flares up and I can barely eat anything without struggling. I tend to have to stay away from grains too. Although I feel amazing mostly, I would like this to be healed once and for all. I know digestion is a big issue as I see a lot of clients who also struggle with the same problems. It would be wonderful to help them as well. Thank you so much!

Answer for Gail:

Hi Gail. You need to build up your hydrochloric acid. When your system gets flared up and inflamed, it's because there's an elevation of streptococcal in your system. Strep is one of the more common triggers for digestive issues when your immune system is down or your hydrochloric acid is down. We have to build your hydrochloric acid up. The first step is to drink 16oz of straight celery juice on an empty stomach in the morning. Do this every day. Don't mix the celery juice with other fruits or vegetables, just stick with straight celery juice, but you can eat directly after if you wish. It's great that you are mostly vegan because it's very important for you to stay plant based right now with the issues you are dealing with. Meat and other animal foods have no fiber and they will make you constipated as you have experienced. They also stress out the liver and you have a sluggish liver and slow peristaltic action, so it's important to steer clear of any foods which could make it worse. Other people without the symptoms you are experiencing and the constipation can eat some low fiber animal protein. I also recommend you stay clear of grains right now. Add in half a large maradol papaya every day, this will help you greatly. For healing supplements, I recommend you take magnesium glycinate, stay on your probiotic, and also add in olive leaf, cat's claw and nettle leaf (all alcohol free liquid tinctures). All of these are listed in the Supplement file with links in the 'File' tab in the top menu of this group. Love and many blessings to you.

Question from [Linda](#):

What is the cause of blood pressure that drops below 100 suddenly and how to fix it?? My boyfriend Eugene cannot do a lot of work at 66 on his cars for enjoyment because once a week his blood pressure drops and he has to rest?

Answer for Linda:

Hi Linda. The drop of blood pressure is caused by a drop in blood sugar (glucose deficiency), electrolytes, potassium, sodium and mineral salts. Your boyfriend must eat every hour and a half. He needs to snack to keep his blood pressure stable. Have him drink coconut water, eat high potassium snacks like bananas and dates with celery sticks for sodium, and also apples between larger meals. He needs to graze on these foods between meals and the sudden blood pressure drops will go away.

Question from [Trish](#):

Hi Anthony! I am so excited to be a part of this group! I am 54 years old and have lived my entire life getting 1-4 hours of sleep in 15-minute increments. I have lived with post traumatic stress from a very violent and traumatic childhood. I have Hashimoto's and chronic fatigue syndrome, and have been dealing with IBS and constipation, Interstitial Cystitis, PCOS, TMJ, gut issues, chronic headaches with occasional migraines, and the list goes on. Most of these I've had since very early childhood. I CAN sleep for 60-90 minutes at a time now, but I still don't sleep longer than 3-5 hours. I

worked in the natural health industry for years and had access to really good practitioners but no one has been able to offer more than short term relief. And I have done the work! Short of underwater rebirthing therapy and electric shock therapy, it kind of feels like I have done it. I haven't been able to work in almost 6 years now and it's just time to get healthy and thrive! I've just recently begun listening to you and your words resonate with the deepest part of myself. I would be very interested and very grateful for anything that you and Spirit have to say! Thank you!

Answer for Trish:

Hi Trish. I'm sorry you have suffered. Know that it's ok that you have these sleep patterns, you are still able to heal. If you lay down with your eyes closed between 10pm and 2am and you rest, or even sleep for just 15 minutes during this time period, you will be doing some great healing. You'll still be tired but your body will be healing. Your body can still heal when you rest during these hours with your eyes closed, even if you're not sleeping at all. It's critical for you to be on B12 with adenosylcobalamin and methylcobalamin (see the brand I recommend in the Supplements file) because it will feed your nervous system and help the PTSD and the nerve issues that bring about the TMJ, migraines, headaches, and more. The other very important supplement for you for getting sleep in the future is Neuro Mag (also in the supplements file). Also listen to my recent Insomnia radio show because that has a huge amount of information that will help you, and my radio show on PTSD. Implement the information I share in these episodes and they will be of great help to you. You can find them in the archives at <http://bit.ly/1KnExeh>. Love and blessings.

Question from [Pamela Kay](#):

How do you find out if you are being affected by Epstein Barr and it's not just a hypothyroid/adrenal fatigue issue~which I have been diagnosed with?

Answer for Pamela:

Hi Pamela. 95% of hypothyroidism is caused by a virus, the other 5% is caused by radiation. So if you're dealing with or diagnosed with hypothyroid or adrenal fatigue, you don't have as much of that as you think. What you're really dealing with is Epstein Barr virus (EBV). There are different levels and varieties of EBV. You have a mild version which I talk about in detail in my book. You can help the symptoms you're experiencing with antiviral solutions. I recommend you take nascent iodine, liquid zinc, olive leaf, and nettle leaf tea or capsules every day (all of which are listed in the Supplement file with links in the 'File' tab in the top menu of this group). Also listen to the radio show archives as a lot of the people who call in also have EBV and I give tips for how they can heal which I recommend you apply also. You can find the archives here -<http://bit.ly/1KnExeh>. Also stay tuned for my book as it goes into great detail on viral, thyroid and adrenal issues.

Question from [Heather Negaard](#):

I was diagnosed with triple negative breast cancer last year at the age of 44. I was also diagnosed as post menopausal at the age of 40. I have a feeling these are related. Can you please supply guidance to recover from the side effects of treatment such as neuropathy, fatigue, and insomnia, as well as the symptoms of menopause (some overlap) such as low libido? Secondly, any help with recurrence avoidance, I am so petrified with anxiety and fear over recurrence, I find it hard to live. I feel like I've worked so hard to stay alive, but the symptoms are making it hard to really live, and I find myself wondering a lot if it's worth it...Can you please help?

Answer for Heather:

Hi Heather. I'm so sorry for your suffering. What you're experiencing is coming from neurological issues. Spirit says you don't actually have real neuropathy. The symptoms you are experiencing that

seem like neuropathy really are caused by inflamed nerves and neuralgia. The fatigue is a neurological fatigue also, as is the insomnia. Insomnia happens when your central nervous system doesn't allow you to sleep. The loss of libido is also central nervous system related, not menopausal. I know how crippling anxiety can be, and I'm so sorry you are suffering with this. While you have real anxiety from fear that your illness will return, it's mostly being triggered by your central nervous system. So what's most important for you is restoring your central nervous system. It's absolutely critical for you to be on the B12 with adenosylcobalamin and methylcobalamin (see the brand I recommend in the Supplements file). Take this every day. It's also critical for you to get grounded to help your nervous system and because you have some PTSD. It's very important for you to listen to the recommendations I give in my radio shows on PTSD, Overcoming Anxiety, and Meditation and Prayer Techniques, and start doing these practices right away. Be consistent with them and do them regularly. They will help you overcome the anxiety and fear. It's very important you eat a clean diet without any processed oils, eggs, wheat, dairy, soy, and corn. Increase your fruit and vegetable intake in your diet as much as you can also to bring more healing nutrients into your body. Bless you Heather.

Question from [Dolores Edwards](#):

Dolores Edwards Dear Anthony, Please speak about lowering high blood pressure. Thank you.

Answer for Dolores:

Hi Dolores, happy to help. A stagnant, sluggish liver is the first and foremost way of getting high or elevated blood pressure. When the liver gets congested or stagnant, the heart has to work twice as hard to draw blood from the liver. The liver filters the blood and sends the clean blood directly back to the heart to pump. The more problematic your liver is, the higher your blood pressure goes. The other way to get high blood pressure is from too much plaque in the arteries and veins from consuming too much animal fat. That's why even conventional medical doctors always recommend less red meat for high blood pressure, because they know that you need to be very cautious with how much you eat. You need to lower your animal fats and improve your liver health Dolores. Instead of red meats, you can have protein rich plant sources like hemp seeds, walnuts, and avocado. You can do a little bit more fish instead of red meat if you wish too, like wild salmon, haddock or halibut. Take it one step at a time, I'm proud of you.

Question from [Anna Gospe](#):

I have been having issues with my legs. I had them when I was pregnant with my first child and from there they continued. I had gone years ago for acupuncture and when I asked her why my legs were getting the hurtful almost painful charliehorses all she could tell me was it was due to poor Blood cumulation. Is that true or is something else causing this? Also just a month or so ago my whole right side(my upper leg/lower back) started to ache and then hurt. It feels tight. My question for you is what is really going on with my thighs/legs and how or what can I do to get this to feeling normal again. I use to walk twice a day with no problem and now I am lucky if I can walk once a day due to the tightness and aching of my leg. Thanks for any light you and Spirit can shed on this for me.

Answer for Anna:

Hi Anna. What you're dealing with is not poor blood circulation. The aches and pains in your legs are from a virus. The virus affects the sciatic nerve, sending charley horse like pains into the legs and calves, and all the way down to the ankles and knees. It can affect the legs, thighs, piriformis area, gluteal area, and tibial nerves, not just sciatic nerves. The viral issue is a low grade shingles virus, and it tends to come out during pregnancies and after pregnancies. It's hard to walk with it, and

usually hurts one side, like the lower back plus one side. The right side is more common than the left. You need to address the viral issue Anna. I talk about this in detail in my book. You need to take these daily: liquid zinc, B12 with adenosylcobalamin and methylcobalamin, L lysine, vitamin C. (see the brands I recommend in the Supplements file). You also need to follow an antiviral diet, which means staying away from eggs, wheat, and dairy products. These feed viruses and will hinder healing. Your tibial and sciatic nerve are inflamed from the virus and that's causing the pain. Spirit knows that's what is causing your pain, but practitioners don't know this virus even exists in the way it does so they don't understand what's going on. Listen in to the radio shows and follow the guidance in my book also and you will move forward.

Question from [Sue DeLongpre](#):

Anthony, I have dealing with a Post Parasitic and Strep infection for 7 years. It is exhausting. Initially Antibiotics helped. Now they don't. I have seen so many Doctors, I am frustrated. None have productive answers. The infections have settled in my legs. I am unable to walk. I too have been given the Label of MS. Once that happens, no Doctors want to go around another one to look for anything else. I changed my Diet 5 years ago. It has helped a lot. I hope you and Spirit can give me guidance for what to do next.

Answer for Sue:

Hi Sue. The reason why antibiotics don't work anymore is because chronic strep infections are antibiotic resistant. Spirit says you have a strep infection along with viral issues and that's what's causing your symptoms. MS is actually a mystery illness that's been given a label, but it's not actually understood. Doctors don't know what's really going on. I talk about this in detail in my book so it will be of great help to you. What is actually happening is that you have an underlying chronic viral condition and the strep is a co-factor to it. What you eat is critical for healing. You must stay away from dairy, wheat, corn, eggs, and canola oil (check at restaurants or anywhere else you may go as they often use canola oil for cooking). Focus on eating many more fruits, leafy greens and vegetables. It's important for you to drink 16oz of pure celery juice on an empty stomach every day. Also eat plenty of spinach salads, fresh fruits, butternut squash, potatoes, and avocado. You need to take B12 with adenosylcobalamin and methylcobalamin every day, along with liquid zinc and a large amount of L lysine (see the brands I recommend in the Supplements file). You can heal Sue. Keep a light heart, and know you don't have MS. Move forward with this antiviral regime, take it one day at a time, and add on to this with the information in the book.

Question from [Julie Kusma](#):

I struggle with severe food allergies (dairy, beef, eggs, corn, corn products, some fish, shell fish, and diagnosed gluten intolerant). I have asthma and on and off again digestive issues. I had to have half of my thyroid removed due to suspected cancer, but it was benign. I take Synthroid daily. I exercise regularly, eat a healthy diet, see an energy bodywork therapist, but I am unable to lose weight. Often I gain weight for no apparent reason and then I can not get it back off. Please advise. I feel as though there is an underlying issue or cause that medical doctors are not finding. Thank you.

Answer for Julie:

Hi Julie. It's important to understand that the weight gain and inability to lose weight stems from the thyroid. Your thyroid is hypo, but having half your thyroid removed is not what's keeping it hypo. If you have any thyroid left, it can still operate in the way it's meant to. The half that's left is hypo. Thyroid medication does not take your thyroid out of being hypo, they have nothing to do with stopping your thyroid from being hypo. I talk about this in my radio show about thyroid issues. It's

very important to listen to this show in the archives at <http://bit.ly/1KnExeh>. Use the information and techniques I share in this episode to start moving forward with healing. You have a pre-fatty liver also which is contributing. I talk about this in detail in my book, and you can also listen to all my radio show archives for information on how to heal your liver, as it comes up often in my content and when I answer callers questions. You can also listen to the 'Why I'm Not Losing Weight' episode for information that I recommend you follow closely. Apply what I share in the radio shows and in my book and you will be on your way. Blessings.

SEPTEMBER 2015 ANSWERS TO FREQUENTLY ASKED QUESTIONS

1. Question:

Will having one coffee a day, or eating chocolate, really be that bad for me?

Answer:

Most people reach for stimulants like coffee and chocolate instinctively because they are tired, wanting more energy, stressed out and reliant on the addictive, stimulating qualities of these foods. The problem is that consuming either of these foods, or any other stimulating foods, will work against you if you are trying to heal from any illness. While these foods are common and accepted in our culture today, they simply aren't healthy for us, and they have consequences when you consume them, even just one coffee a day, or even one a week. If you suspect you have adrenal fatigue because you often feel weak, low in energy, have poor digestion, experience insomnia, don't feel rested after sleeping, or want to crash during the day, it is very important to avoid all stimulants like coffee and chocolate. While they'll give you a quick energy boost, you'll soon crash after the stimulating effect wears off, and over time your adrenals will become even more compromised. Try caffeine-free green tea or yerba-mate tea which still has a little caffeine in it, or try chaga mushroom tea which provides an energetic boost without the stress on the adrenals.

2. Question:

One of my loved ones suffers from severe OCD. Is there any way to heal this?

Answer:

OCD (Obsessive Compulsive Disorder) stems from heavy metal toxicity. Heavy metals such as mercury, aluminum, lead, and copper can settle into the brain and other organs, such as the liver, and affect their ability to function properly. If you or a loved one suffer with OCD, or suspect you have too many heavy metals in your body, Anthony recommends doing the following daily: eating a bunch of cilantro, taking some spirulina (if you have sensitive digestion start with just a little bit), eating 1 cup or more of wild blueberries (you can often find these frozen), and taking methylcobalamin and adenosylcobalamin B12 (the one Anthony recommends is listed in the Supplements document in the 'Files' tab in the group). Eating bananas and celery as often as possible will also be of great benefit.

3. Question:

Why do you recommend avoiding soy? I know dairy is a major food allergen, but what's wrong with soy?

Answer:

While soy used to be a healthy food for us, it has now become an extremely inflammatory and allergenic food because the technology of Genetically Modified Organisms (GMO) has altered it. Unfortunately, you can expect that any soy product could have some GMO contamination or contain added MSG. It's best to avoid eating soybeans, edamame, miso, soy milk, soy nuts, soy sauce, textured vegetable protein (TVP), soy protein powder, artificial meat products made from soy, and anything else containing soy. Especially if you are trying to heal from any illness.

UNKNOWN MONTH ANSWERS TO FREQUENTLY ASKED QUESTIONS:

Question from [Jenny](#):

Anthony I read most of your book the other morning from 2-6am! I couldn't put it down and now have renewed faith in my body's ability to heal from the thyroid and adrenal issues that have been ongoing the last eight years! I'm hoping for a consultation but in the meantime my question is regarding ectopic heartbeat. I've heard it can be due to underreplaced thyroid and is usually non threatening. Nevertheless it is very disconcerting. I do feel it has gotten better with magnesium. What is the cause of these heartbeats and how can we go back to a "normal" heartbeat? My deepest gratitude to you

Answer for Jenny:

Hi Jenny. Ectopic heartbeats are normally harmless. It's caused from a sticky gel like substance that comes out of the liver, and the heart draws it up from the liver. It doesn't hurt you, but it causes the symptoms you're experiencing, so it's important to focus on helping your liver. It's great you are using magnesium as it helps to relax the heart muscles and your nerves too. Spirit recommends you take Vitamin C and B12 with adenosylcobalamin and methylcobalamin daily (see the Supplements file for my preferred suppliers) and start each day with a 16oz juice made of half celery and half cucumber on an empty stomach. That would be very helpful. Make sure you eat every 1.5 to 2 hours as otherwise your blood sugar level will drop and adrenaline will be released through your body, which can inflame the situation. Your liver is not detoxifying properly so the goal is to support your liver so it can function better. To facilitate this, Spirit recommends you have as clean a diet as possible and that you eliminate all eggs, dairy and wheat from your diet. The 28 day cleanse would be very helpful for you. You can take it one week at a time if you wish. Keep adding in more fruits and vegetables and crowding out the other foods that are harder on your liver. Many blessings.

Question from [April](#):

As a naturopathic doctor, I would like to know the root cause of environmental allergies and asthma? What is causing the immune system to overreact and what can we do about it?

Answer for April:

Hi April. There is always an underlying cause for allergies and asthma which results in the body not being able to handle an additional load. Most people with allergies and asthma have a chronic bacterial load in the sinus cavities or walls, usually streptococcus, so if they're exposed to dander from a dog or cat, pollen, chemicals in the environment, soot and dust in the air from fires burning from 100 miles away, and so on. For people who already have an underlying bacterial or viral condition, and/or they're highly intoxicated with heavy metals, pesticides or other toxins, all you need is one more trigger to set off symptoms like asthma and allergies. Histamines get charged up because the body is overloaded and that causes more reactions. These problems can be rectified, it just takes time for the body to cleanse and heal. A clean diet free of the Foods Not To Eat (or the cleanse diet) from my book along with zinc sulfate, nettle leaf, curcumin, and vitamin C is incredibly helpful (see my preferred suppliers in the Supplements file). Blessings.

Question from [Catrina](#):

Hi Anthony, I suffer from Rosacea I have cut dairy out gave up my morning coffee take a probiotic

and been juicing celery now for a couple of weeks . Along with that I take b12,L lysine, L Glutamine,Milk Thistle,Vitamin D3,Vitamin C, and Biotin. Still have flare ups. And now I am having yeast infections HELP ! Thank you for any information/help you can give.

Answer for Catrina:

Hi Catrina. It's wonderful you cut out dairy as it inflames rosacea, and that you're taking the supplements you are. Spirit says you need to cut out eggs and wheat as well as the dairy if you haven't already. Spirit also recommends you take olive leaf capsules, cat's claw alcohol-free tincture, licorice root tea, nettle leaf capsules and zinc sulfate (see the brands I prefer in the Supplements file) and increase your vitamin C. These will be very helpful alongside the steps you're already taking. I'm really proud of you, keep going with all you are doing. Blessings.

Question from [Kaitlyn](#):

Hi Anthony! First off I want to say how grateful I am that I found you and your book! I'm dealing with a host of issues, but the question I'm hoping to get answers today is actually about my mom. For months she has been exhausted, run down, and experiencing a myriad of symptoms including low grade fevers, rashes, and canker sores. Doctors finally did a test for EBV and it came back positive and she was told she has active mono. This was a few months ago and she still isn't better. She has started to eat some of the foods and take some of them supplements you recommend. My mom has also had hypothyroidism for years, so my question is, does the same virus cause both things and why all of a sudden now would she have active mono? What are the best supplements she can take? Thank you so much for all you do!

Answer for Kaitlyn:

Hi Kaitlyn. The Hashimoto's your mom has had all these years is caused by the chronic, active EBV she is dealing with. It would be helpful for her to follow the protocol I outline in the book for EBV. It's critical your mom stays off all dairy products, eggs, wheat, canola oil and corn. Spirit says Vitamin C is critical for your mom, like the sunflower based Liposomal C especially, liquid zinc sulfate, and lots of L Lysine (see the brands I prefer in the Supplements file). It would also be helpful for her to do the 28 day cleanse as it's antiviral and could be very helpful for your mom. Many blessings to you and your mom.

Question from [Adele](#):

My 14 year old daughter has "OCD" and is now seeing flickers of bright white light . What could this be? How can I help her with both issues? She will take supplements if I know which to give her but the metal detox will be a trickier sell to her.

Answer for Adele:

Hi Adele. The root of your daughter's OCD is toxic heavy metals. Getting your daughter on a gentle heavy metal detox protocol would be a great way to help her. The five key foods for the protocol are fresh cilantro, Hawaiian spirulina, barley grass juice powder, wild blueberries and Atlantic dulse. Your daughter needs to have a little of each of these in every 24 hour period. You could put a little of each of these in a smoothie with your daughter's favorite fruits to help her consume them. Banana, coconut water, dates and wild blueberries make a good base. Or you can add the dulse into a salad or on top of baked vegetables, and the cilantro could go in some guacamole or hummus, and the rest could go in a smoothie. Spirit says it would also be very helpful for your daughter to take Life Extension Neuro Mag (magnesium l-threonate), Mary Ruth Organic's morning multivitamin and the nighttime multimineral, and the B12 with adenosylcobalamin and methylcobalamin (see the brand I recommend in the Supplements file in this group). If you can't make the heavy metals protocol work right now, taking these supplements will still be helpful. Love and blessings.

Question from [Marta](#):

Do you think doing 28 days cleanse is a good idea while breastfeeding? Thank you

Answer for Marta:

Hi Marta. I don't normally recommend the 28 day cleanse (or any kind of cleanse) for someone who is breastfeeding because when people think about cleansing, they naturally tend to undereat. There's a mental association that can lead to not eating enough and then producing breast milk can

be a problem. You have to eat enough calories to produce ample breast milk. You can do the 28 day cleanse as long as you ensure you're getting plenty of calories. You can't go hungry, you must graze every hour and a half to two hours, and you have to bring in more higher calorie foods like a lot more fruit, more avocado, and some steamed potatoes, sweet potatoes and butternut squash to ensure your body gets as much as it needs for breastfeeding. Many blessings.

Question from [Georgina](#):

Could Anthony talk about the role of therapeutic essential oils in healing our bodies for example does cilantro EO Have the same effect on heavy metal detoxification as the fresh herb? Many thanks.

Answer for Georgina:

Hi Georgina. Therapeutic essential oils are amazing for our health. Just smelling them has medicinal powers. They're wonderful because they can change our state of mind, bring us peace, and relax the body so it can heal more easily. They also have antiviral and antibacterial properties. Inhaling rosemary essential oil for example can kill off bacteria. But when it comes to cilantro, the fresh herb is needed for heavy metal detoxification. It is far more effective than the cilantro essential oil. Blessings to you.

Question from [@Zsuzsi Üstöki](#):

Dear Anthony, since I was about 12, I've suffered from vaginal thrush with little relief in between flare ups and little help from whatever doctors had prescribed. I've read and reread the chapter in the book and listened to the radio show as well and I'm implementing many of the suggestions, however I'm having a very bad case at the moment and my partner has been infected, too and he's suffering a lot. I feel so dirty and worried that it's never going to be better and I can never enjoy intimacy as it's so sore! Please help how to find the underlying cause and what else I need to do! Many thanks and blessings.

Answer for Zsuzsi:

Hi Zsuzsi. Vaginal thrush is actually caused by a low grade chronic streptococcus infection which isn't normally diagnosed by doctors. Many times it's considered a yeast or candida overgrowth, but the true cause is strep. Every single woman and man on this planet have some form of strep in their system, so you shouldn't feel dirty, that's very important to know. It's very common, and there's much that can be done to turn it around. Start drinking herbal teas daily. Spirit recommends lemon balm tea, nettle leaf tea, and raspberry leaf tea, and also supplementing with zinc sulfate, lots of vitamin C, olive leaf and mullein leaf (see some of the brands I recommend in the Supplements file in this group). This issue is temporary in your life even though you've had it for so long. You can get it better. Spirit says it's essential to keep eggs and dairy out of your diet completely as they make strep much worse. Eggs are strep's favorite food. It's also very important to keep out wheat and corn, and add in more fruits and vegetables. Drinking 16oz of straight celery juice on an empty stomach each day to build up your hydrochloric acid which will also help to build up your immune system so you can fight the strep. There is nothing wrong with you and you're not dirty, it's just a matter of taking these steps to clear it up so you feel comfortable again. Many blessings.

Question from [Cathy](#):

Hi Anthony,

When I was 22, I went to Europe and came home with a severe case of mono & HSV-1, and abdominal pain. My doctor thought that I also had a cyst burst on my ovaries. Today I wake up tired and crash after work. I have joint pain and much bloating. Recently when I ate cold fruit sorbet, I had a sharp pain on the mid right side of my abdomen and also when I do certain yoga moves. The intensity lessens but that area is very sore for days after. I completed the 28 day detox and realize I may need to continue for much longer since my symptoms continue. Please advise.

Thank you kindly,

Cathy

Hi Cathy. Yes, you can do the 28 day cleanse for longer than a month. Because you had the mono and HSV-1 at 22, it tends to take a little time to get better and go away. The abdominal pain was

because your spleen and liver were slightly inflamed and enlarged from the viruses so they will be a little tender as you're healing. Continuing the cleanse is a great idea as it will help you continue to bring down the viral load that you're dealing with. Spirit recommends you supplement with B12 with adenosylcobalamin and methylcobalamin, zinc sulfate, selenium and vitamin C (see the brands I recommend in the Supplements file in this group) to help the viral load and to build up your immune system It's also very important to drink 2-3 cups of licorice root tea every day (simmer 2 teaspoons of licorice root in each cup of hot water for 20 minutes then strain and drink).

Question from Annie:

Hi Anthony!!!! I am really hoping you can help me with this: Every time I am about to get my menses, and also during, I get horrible migraine headaches. I really need to know what is causing them and what I need to do to get rid of them. Thank you

Answer for Annie:

Hi Annie. Migraines come on during your menses because it takes 80% of the body's immune system and reserves to have menstruation. The other 20% of the body's reserves is helping the body stay afloat while you're going through your cycle. That means if you have a condition like migraines and your body is working hard to keep that in balance already, when your cycle comes on your symptoms will get worse. If someone has a susceptibility like a back problem or depression, then that is also going to get worse during their cycle. What needs to be addressed is what's truly causing the condition and work on rectifying that. Have you read the chapter on migraines in the book and listened to my radio show on Healing Migraines & Headaches? I suggest you start with the information provided in these and start working through each of the strategies I offer to target the causes of migraines, like keeping wheat and dairy out of your diet, doing the heavy metal detox protocol, staying properly hydrated the way I describe in the book, and so on. You can also try the 28 day cleanse if you like or just keep adding in lots more fruits and vegetables and crowding out other foods in your diet. Over time you will see a shift. Many blessings.

Question from [Wendy](#):

Hi Anthony, loved your book and thanks for everything you do. I have a gnawing burning pain under the center of my sternum and rib cage. Ive had many tests and have tried many integrative treatments and I can't get a handle on it. I was diagnosed with EBV about 15 years ago and at the same time was diagnosed with RA. I have had many digestive issues since I was a little girl and would love some help. Also any advice for eradicating the RA would be awesome. Thanks again.

Answer for Wendy:

Hi Wendy. Have you tried the 28 day cleanse? That would be helpful for you. What you're experiencing is a sensitive nervous system, specifically the vagus nerve. This nerve runs through the center of the chest up from the stomach. When it's irritated, it can be sensitive to anything and cause burning feelings when you eat, before you eat, or even when you're not eating. Fresh aloe leaf (the inner gel only) can be blended with water, coconut water or juice to soothe the lining of the stomach and help with the burning sensation. You have Epstein-Barr virus which aggravates the vagus nerve, and the neurotoxins EBV releases can cause the burning. Spirit recommends you drink straight celery juice on an empty stomach each morning, try the 28 day cleanse, and drink aloe blended in water each day. These steps will get you moving forward on the right track. Blessings to you.

Question from [Heather](#):

Greetings! I am pretty sure I have EBV along with many other issues. I was considering IV Vitamin C treatments. What is your or Spirits opinion of this treatment? God Bless and Thank you.

Answer for Heather:

Hi Heather. IV treatments can be helpful, but if you're a sensitive person it's important you work with your doctor or practitioner and keep it at a low to moderate level, not a high level like 50,000mg or more in a treatment. You can also choose to do the Sunflower based Liposomal C from Lipo C (see the link in the supplements file). That is almost equivalent to IV vitamin C treatment so you can

always work your way up with that supplement to a dosage that feels comfortable. This is very helpful for EBV. Blessings.

Question from [Krystal](#):

I would love to know why after having a baby can really bring up health issues. After every baby I've had (I have 3) I've gotten very sick after each one and usually it's my thyroid. This last baby has been very hard to recover. Is it hormone changes that causes the thyroid to act up? I'm such a healthy eater and always have been and exercise like I should but for some reason my thyroid won't calm down and stays hypo even with medication.

Answer for Krystal:

Hi Krystal. When you have a baby the birthing process takes a tremendous amount of adrenaline. Your adrenals use up years worth of adrenaline and adrenal reserves. For some moms, it can take 2 to 3 years to feel back to normal. Other moms can feel great more quickly because they have very strong adrenals and no other illnesses that could create issues. But most moms experience tiredness, postpartum depression (which is really caused by a viral condition), or get Hashimoto's thyroiditis, or all three after childbirth. It all depends on where the mother is in her life, what deficiencies she had before having a baby, her diet, underlying viral issues, how intense the birthing process was, how much adrenaline and reserves were used to birth the baby, and the mom's age. The older a mom is, the harder the recovery can be. While the baby is growing, the mother is also using all her reserves to protect and nurture the baby. Having children is the most beautiful blessing in the world but there is sacrifice as we know. Fortunately there's much you can do to recover your health after childbirth like the steps in my book, it can just take some time but you will be able to feel good again. Many blessings to you.

Question from [Christina](#):

How can we safely and healthily eat raw vegetables and fruits, nuts and seeds, when they can contain high amounts of oxalates and or lectins which will aggravate and or cause autoimmune conditions? Thank you!!

Answer for Christina:

Hi Christina. We can't have fear over oxalates. There's a lot that's not understood about them. They aren't always bad, in fact they have undiscovered phytochemical compounds that also help reverse disease. If you're sensitive to a food that has oxalates, there's a good chance you're actually sensitive to something else in that food that's causing the unpleasant feeling. There's many different kinds of phytochemicals in different fruits, vegetables, nuts, and seeds and we can feel sensitive to foods because of some of their healing powers. It's not necessarily the oxalates. You can start in a gentle way by bringing in vegetables with oxalates and see how you feel. In regards to lectins, there's nothing for to worry about with fruits and vegetables. Autoimmune conditions are not aggravated by fruits and vegetables, they are aggravated by other things like toxins, viruses, pollutants, chemicals, bacteria, and so on. Focus on incorporating any fruits and vegetables you can, try not to fear oxalates, and take it one step at a time. Blessings to you.

Question from [Koen](#):

Hi Anthony and team. What is good to improve overall vascular health. Foods, exercise, yoga, etcetera. Any specific tips are welcome. Any tools ?

Answer for Koen:

Hi Koen. There's lots of ways you can improve vascular health. You want to choose the highest antioxidant foods, which means lots of different kinds of berries like wild blueberries, raspberries, strawberries, blackberries, etc. Include these in your diet every single day. Leafy greens are also critical for vascular health like kale, chard, spinach, and leafy herbs like cilantro and parsley. You also want to consider being on a magnesium and Coenzyme Q10 supplement. Any exercise is helpful for vascular health, even gentle exercise. Blessings.

Question from [Alicia](#):

Hey Medical Medium! Can you let us know what causes rosacea, flushing in face & feet??? And chronic fever blisters! Thanks! You Rock!

Answer for Alicia:

Hi Alicia. Have you tried the 16oz of celery juice? It can be very helpful for rosacea. Try it once a day on an empty stomach, ideally first thing in the morning. If you're already doing it, that's great, just give it some more time. Spirit says the chronic fever blisters are viral related. Spirit recommends adding in L Lysine and Vitamin C (see the Supplements file for my preferred brands). It's also very important to avoid wheat and dairy products and eggs. These simple steps will help you to start making progress with these issues. Blessings.

Question from Kristina Kristina:

Hi Anthony, I'm wondering if there's any food/supplement that can actually dissolve cysts and nodules. I have cysts on my pineal gland, gallbladder, breasts and nodules on my thyroid. My traditional Dr says it's not possible- however, I'm wondering otherwise. I recall you saying in the book, lemon balm prohibits the growth of nodules so I've been taking it religiously. Just wonder if it's possible to actually dissolve them? Thank you so much.

Answer for Kristina:

Hi Kristina. Yes lemon balm is very important, it's great that you're taking it. Another thing that helps dissolve cysts is vitamin C (see the brand I recommend in the Supplements file in the group). Spirit recommends you stay plant based or significantly lower the animal protein in your diet because while you're trying to dissolve nodules and cysts, you want your blood a little thinner and lowering animal proteins allows this. Bringing in more leafy greens like spinach, mache and kale will help. Also increase your intake of very high antioxidant fruits like wild blueberries, pomegranate, berries, and cranberries. These are all important. Spirit says that staying off eggs and dairy products is critical for you. In fact, eggs are partially responsible for creating nodules, cysts and calcifications. You can also take melatonin before bed to help with your healing. Dissolving cysts and nodules takes months, so keep the faith, take it one day at a time, and you will be moving forward. Many blessings.

Question from Katia Nice:

Hello Anthony William from distant Russia! it is a pleasure to be a part of community but also a big sadness to see people all around the world suffering from so many crazy diseases. But lets never give up believing! Looking at so many requests to Anthony I was hesitating to post my question here but at least even if it isn't worth of attention I hope to meet some people who have the same conditions as mine and any advice would be very welcomed! The 2nd year how I have strange burning sensations in my low part of belly especially after peeing. It feels like irritation inside my low intestine or bladder. My urine tests are clear without bacterias. But i have quite high level of uric acid in my blood. And I have crystals in my kidneys. So how to be with a diet and big content of purines? Thank you for attention! Bless you!

Answer for Katia:

Hi Katia. Yes I've seen the burning sensations happen many times to people. The sensations are there because of nerves coming off the lower spine, in the lumbar region, including the pudendum nerve. These nerves, when they are mildly inflamed, cause burning sensations when you are trying to go to the bathroom. It's not an infection, but sensitive nerves. Spirit recommends getting some regular massage on your lower back, taking regular walks and even getting infrared saunas if you're able to. Also take L Lysine, the B12 with adenosylcobalamin and methylcobalamin that I recommend, curcumin and licorice root tea. Refer to the Supplements file in the group for some of my preferred brands. It's also important to go gluten free, and stay off of eggs and dairy products. This is very important for you, especially with the crystals in your kidneys. The crystals have nothing to do with the burning sensations but this will help your overall health. Keep applying these steps and in time it can resolve. Love and blessings.

Question from [Carrie](#):

I have been diagnosed with Lupus and Sjogrens ... and have been very frustrated and exhausted by symptoms such as severe joint pain, hair loss, skin issues, weight gain, fatigue, sun sensitivity, dry eyes and mouth, and panic attacks. The most recent addition to this list has been.... antiphospholipid

antibody syndrome (blood clots)... this component of the illness has really provided much anxiety for me and I'm not sure how to approach this and heal. Everything I read says I should stay away from veggies high in vitamin K such as kale spinach and leafy greens??? I love my green juices and raw salads... how do I approach this? thank you... can't wait for the new book!

Answer for Carrie:

Hi Carrie. I'm sorry you are suffering. The Lupus and Sjogren's are the labels you have received, but what's really causing your symptoms is an underlying chronic viral infection. All your symptoms are related to this viral condition. I talk about this in detail in my book so it will be of great help to you. Greens don't have enough vitamin K in them to worry about eating them. You just want to stay away from taking vitamin K supplements. Please keep enjoying leafy greens in green juices, leafy salads, etc. You're not only eating greens, you're eating other things too. With all the different foods you are eating, there's a balance. A salad once a day is by no means going to breach any vitamin K concerns, unless you're on medication that prohibits vitamin K on any level. Follow the guidance in my book closely and you can heal and gain control over your health. I'm looking forward to you getting better, I'm very excited for you.

Question from [Jelena](#):

Hello Anthony! I can't help but cry when I listen to audio chapters from your book. You really care about every single one of us!! What a deep compassion... My issue is that I lose weight, my weight is 94 pound. I eat a lot, every two hours, I eat more than 2000 kcal/day but I continue to lose weight! I have pain in my stomach and in pancreas area which goes down across the abdomen. Doctors can't find anything wrong with me! I also have weakness and tingling in my arms and legs. I feel very weak and dizzy. This morning I tried to drink celery juice and I was not feeling good at all. I 'm very worried if it's even possible for me to eat a vegan food?! I'd really love to but I feel like I will disappear then... God bless you Anthony and Spirit.

Answer for Jelena:

Hi Jelena. Hang in there and have faith, you can heal. You have an overactive liver, which is somewhat rare. Your overactive liver is highly stimulated and causing the pain you're feeling across the abdomen. It's different to a fatty or pre-fatty liver. Your liver requires a tremendous amount of glucose, meaning a tremendous amount of starch calories versus protein calories. The more protein you eat with this condition, the more weight you'll lose, and the dizzier and weaker you'll get. You need a very large amount of calories, and a plant based diet would be good for you for a while. Lots of potatoes, sweet potatoes, bananas, dates, avocados, papayas. That will calm the liver down and you will put weight on. When you eat too many proteins, there's not enough glucose for the liver to heal, as the liver is fed by glucose not protein. Your liver is starving for the right food, and with these correct foods you can bring the liver back to balance. After it stabilizes, you can go back to eating animal foods if you like. Thank you for listening to the Audio Program and your support, I'm so grateful and honored.

Question from [Sandra](#):

Hey Anthony , thank you for helping us and for your inspirational readings. I had shingles in March. I remain very quickly be tired and it burns under my armpits and in my chest, especially when I taught. I 'm a drama teacher. I love my work. I work with very sensitive and dear young people, but I feel faster and faster exhausted. That's not so good for my passion and creativity. I have a lot of inspiration from your Hay House radio programs. Thank you for your light, clarity and humor ... In light, love and in unity with what question you answer.

Answer for Sandra:

Hi Sandra, yes you had shingles and it does burn after you have it in the armpits and chest. It's normal to be tired after you've been through what you experienced. There are over 30 varieties of the shingles virus, many of which I list out in the book, and the one you have is a more common one. It probably will give you some tiredness for a year, but be patient with it and work with it. You can restore your health and get your energy back. L-lysine is critical for you, as is the B12 with adenosylcobalamin and methylcobalamin I recommend, plus liquid zinc and Ester C (all of which are listed in the Supplement file with links in the 'File' tab in the top menu of this group). You also have to snack in between classes, so that you're never leaving more than one and a half hours between snacks. The shingles virus puts a lot of draw on the nervous system so you require more glucose to the nerves and the brain. You're going to tire even more if you don't eat regularly. It would be good for you to make or buy a juice of parsley, cilantro, celery, cucumber and apple juice to help remove heavy metals from your system and fortify your body. Do this daily if possible, or as often as you can, graze like I mentioned and take the supplements and you will be moving forward.

Question from [Rachel](#):

Hi Anthony, my brother suffers from severe OCD and it affects his life in every way. Is there anything he can do to be free from it?

Answer for Rachel:

Hi Rachel. To begin healing OCD, it's critical for your brother to change up his routine. The breaking up of routine redirects brain waves, electrical impulses and neurons in the direction of reducing OCD. He can do this by changing his surroundings in any way he can. Things like leaving his home and staying in a hotel for a day, going to a friend's or family member's home for a day, doing puzzles at home, or any other experiences that take him out of his comfort zone a little bit will help. These new experiences will help to rewire the OCD patterns someone is dealing with. Have your brother take baby steps with this, and be very patient. It's not easy but these new experiences will start to shift the direction of his OCD.