

Medical Medium Guidelines for Healing

*This summary of Medical Medium guidelines is for information purposes only and should not be considered healthcare of any kind.

FOOD GUIDELINES

WHAT TO EAT:

You are aiming to fill your day with hydrating, antiviral, antibacterial, antioxidant-filled and nutrient dense fruits and vegetables, as well as wild foods, and herbs. Raw, cooked, juiced, blended, steamed, and dried are all options. Organic if possible. Frozen is fine. Gently work towards the bulk of your food coming from fruits and veggies. There is no need to limit fruits and vegetables!

HEALING FOODS -

- ENJOY FRUIT OF ALL KINDS, whatever you are drawn to – wild blueberries are MM's #1 healing food (find frozen), berries of all kinds, apples, pears, melons, papaya, mangoes, cherries, grapes, citrus - any fruits you like in big quantities!
 - Dark fruits like red apples, berries, cherries, pomegranate, red/black grapes, pink dragon fruit are all favorites of the liver.
 - Melons, blended or whole, are best eaten right away in the morning before other foods or several hours apart from other foods.
 - Bananas and mango are more filling and helpful to add to smoothies.
 - Dried fruit like dates, figs, apricots are great snacks.
 - Avoid combining fats with your fruits, so the natural glucose can go right into your cells (don't add nut milk or nut butters to smoothies for example).
 - It is important to eat ripe fruit, so bananas should be fully yellow or with brown spots (not covered in spots though). Fully ripe, but not overripe/fermented, is ideal for nutrition and digestion.
- ENJOY VEGETABLES OF ALL KINDS, any vegetable you like, excluding corn and soy, which aren't truly vegetables!
 - Leafy Greens: Spinach, lettuce, kale, arugula, chard, mache – Large amounts of leafy greens are critical for healing – ideally a pound a day (just aim for as much as you can). They are most medicinal raw – use in salads, smoothies, juice!
 - See dressing section towards the bottom of this document.
 - Enjoy celery, cucumbers, sprouts, artichokes, peas, broccoli, cauliflower, cabbage, carrots, radishes, bell peppers, mushrooms, summer and winter squash, onion, garlic, tomato, avocado, potatoes, sweet potatoes!
 - Asparagus and brussel sprouts are especially helpful for the liver.

- Use potatoes, sweet potatoes, and winter squash for more filling foods.
- If cooking, steaming is ideal, if roasting use unbleached parchment paper instead of oil, if sauteeing use water or a small amount of oil.
- ENJOY WILD FOODS like seaweed, dandelion, aloe, chaga, reishi, ginger, turmeric root!
- ENJOY HERBS: cilantro, parsley, fresh and dried thyme, oregano, sage, rosemary, and herbs for tea like raspberry leaf, nettle, lemon balm, licorice root, red clover, and so many more (these can be tailored for your healing needs).
 - If you like, include small amounts of nuts, seeds, nut/seed butter, tahini.
 - For sweeteners, use raw honey (incredibly medicinal), maple syrup, coconut sugar for baking.
 - Use pure spices (without added ingredients).
 - **NOTE:** Since fruits and vegetables are less calorie dense, you need to eat greater quantities and eat more frequently. More on this in the Adrenal section below.
- **Then if you want to add in smaller amounts:**
 - Beans or lentils – if ok with your digestion, just don't let them dominate the meal, lentils, chickpeas, black beans are top choices.
 - Grains – choose millet, GF oats, quinoa or brown/wild rice.
 - Meat - small amounts of meat are ok: wild game, wild sardines (best and safest fish per MM, without salt or oil), wild salmon, wild trout, wild mackerel, wild halibut, wild haddock, organic, pasture-raised beef, turkey (preferable to chicken).
 - Oil – if using, choose only avocado, coconut, or olive (avoid commercial oils such as canola, palm, safflower, soy, corn, vegetable oil).
 - For salt, use sea salt or Himalayan salt, coconut aminos is ok instead of soy sauce occasionally, keep salt low.

Grains, beans, meat and oil are not considered healing foods in the MM world but can be a part of your menu in small amounts (making more room for fruits and vegetables).

HYDRATION:

- 16 oz of lemon/lime or ginger water with raw honey upon waking, at least 32 more ounces during the day (adults, smaller amounts for children)
- Living water options: Lemon or lime water, aloe water, thyme water, ginger water – see below links.
- Use filtered water – see website below for Berkey filter options.
 - Reverse osmosis is ok, but you'll need to add back in minerals (use lemon/lime).

- Celery juice – working up to 16+ oz upon waking (adults), 20+ minutes after morning lemon water.
- Coconut water (look for no natural flavors or preservatives)
- Juiced fruits and veggies
- Herbal infusions and herbal tea without natural flavors
 - Get bulk herbs and make a big batch and refrigerate!

WHAT TO AVOID:

Avoid foods that according to MM are favorable to pathogens, are GMO, or hard on the liver.

- Eggs, Dairy, Gluten, Corn, Soy, Canola oil (even if organic, as well as Palm, Safflower, Soy, Corn, Vegetable oil)
- Pork, Lamb, Farmed Fish, Most Seafood (except for wild sardines, wild salmon, wild trout, wild mackerel, wild halibut, wild haddock)
- Processed Beet Sugar, Artificial Sweeteners
- MSG in all forms (see link below on Foods to Avoid for details as there are many MSGs)
- Natural (and Artificial) Flavors, Citric Acid
- Vinegar, Fermented Foods, Nutritional Yeast
- Soft drinks (most have artificial and natural flavors)
- Fish Oil supplements, Glandular supplements, L-Carnitine, Whey Protein, Iron supplements (unless plant-based)
- Lower or avoid Caffeine, Alcohol
- Lower your Salt consumption

For more details especially on MSG and natural flavors:

<https://www.medicalmedium.com/blog/foods-to-avoid-for-healing-chronic-illness>

ADRENAL SNACKS:

To heal chronic illness and to maintain good health, Medical Medium recommends keeping a steady level of natural electrolytes throughout the day. These electrolytes are natural glucose, potassium, and mineral salts found in fruits and vegetables. Grazing on a combination of these electrolytes every 1-2 hours will help prevent your body from releasing adrenaline and provide you with a steady stream of nutrients for healing. See the link on adrenal snacks below for snacks ideas. Smoothies are also a great way to combine these natural electrolytes. Any fruit and vegetable combined is an easy way to think about adrenal snacks.

<https://www.medicalmedium.com/blog/10-snacks-for-adrenal-health>

FOR YOUR LIVER:

Per MM, keeping your overall dietary fat low, even healthy fats, will help your liver detoxify deeply rooted infections and toxins easier. See if you can move your fats to later in the day to

give your liver and body more time to detoxify from the night time into morning. A fruit-focused morning is a great way to do this. Start your day with big fruit smoothies (for liquid use filtered water, juice or coconut water), melons, fruit bowls, or fruit with millet or GF oats (without any kind of milk, nuts, or seeds). Potatoes or sweet potatoes in the morning are another healing option. MM also recommends lowering the overall amount of fat you are eating (so if having a whole avocado, lower to half to start). The 369 cleanses described in *Liver Rescue* and *Cleanse to Heal* go into more depth on decreasing fats to give the liver more freedom to heal persistent symptoms. Most fruits and vegetables have trace amounts of naturally-occurring fats that are ideal for healing according to MM.

PACING:

It's ok to start slow! This is a big shift. Use your intuition - where do you feel called to start? Many folks start with working to increase fruit and vegetables and removing a few No foods at a time. The top three to avoid are eggs, dairy, and gluten. Start noticing what's in your food by reading ingredients carefully! There are many wonderful replacement foods I can share with you (ask me!). It's important to eat enough, so learn about the adrenal snacks mentioned, and eat bigger meals of fruits and vegetables as they are less calorie dense (but more nutrient dense!). Work up to big 32 oz smoothies. Use bananas, mangoes, potatoes, sweet potatoes, and winter squash throughout the day to help with satiation. Beans and safe grains are fine to rely on, especially in the beginning. I usually recommend starting with food changes, but you can also start with just celery juice. It's helpful to do things in stages, so as not to overwhelm your system. Here is a typical step by step plan I might suggest:

1. Start with 16 oz lemon and raw honey water upon waking and shift to eating more fruits and vegetables throughout the day. Start removing No foods at the pace that works for you – eventually removing them fully. Start adrenal snacks. You could pick an herbal tea to start - lemon balm is a great choice. Save up for a juicer and blender if you don't have one. Let me know if you need recommendations. Start thinking about your water source (see links below).
2. When you are ready, add celery juice in small amounts working up to 16 oz - 15-30 minutes after lemon water (see the link below).
3. When you are ready, add B12 and zinc starting with a few drops (start one supplement at a time) and working up to the dose suggested on the bottle daily. These are typically taken under the tongue, spaced at least a minute apart. You could have these after your lemon honey water since the glucose can help with absorption. You may need to take zinc with food to start.
4. When you are ready, add the Heavy Metal Detox Smoothie (see link below) in small amounts, using lower amounts of green powders and dulse, working up to the full doses and a bigger smoothie.

5. When you are ready, start focusing on foods, herbs, and supplements for your specific condition(s) or symptoms using the MM books, including Life Changing Foods and Cleanse to Heal.

NOTE: See the Reminder under Basic Supplements below for how to pace adding in herbs and supplements.

6. When you are ready, start paying more attention to your fats, moving your intake of overt fats to later in the day and lowering your overall overt fats. Start with the Morning Cleanse (see link below or Cleanse to Heal). Read about this in CTH or Liver Rescue.
7. Get a high-quality water filtration system (see links below)!
8. When you are ready, begin studying the 369 Cleanse (Cleanse to Heal book). Per MM, it is ok to do a 369 cleanse earlier in your healing process, as they are designed to be gentle. However, working up to it as described here can lower symptom flaring.

You can change the order of these steps however you like. Pacing your process allows you to see how your body is reacting. It also gives you a chance to slowly adapt to a new lifestyle. Medical Medium healing is a long-term process, intended to be gentle for your body.

HEALING REACTIONS: Healing reactions can include digestion and bowel movement changes, fatigue, skin changes like breakouts, and other temporary symptoms. These are signs to increase your rest and hydration, and possibly back off depending on discomfort level. Flares are when old viral or bacterial symptoms emerge due to activation during the cleansing process. Healing reactions and flares are part of the healing process but can be a sign we need to slow down or shift your protocol. Stay in touch with me about what you notice!

LYMPHATIC SYSTEM: It's hard to detoxify pathogens and toxins when our lymphatic system is sluggish. MM recommends supporting your lymphatic system with hydration, gentle movement, rebounding, and Epsom salt or Magnesium baths. For adults also warm/cool showers, dry brushing, infrared sauna, and daily red clover tea. Greens are an incredible mover of lymph – so eating plentiful raw greens (at least 5 cups – as close to a pound as you can).

BASIC SUPPLEMENTS: These are recommended by MM for EVERYONE. There are specific healing protocols in Cleanse to Heal for different conditions as well. See links below for specific type and brand (Let's discuss first):

- B12 – Most important
- Zinc – Most important
- Ester C (Micro C)
- Lemon Balm
- Lysine

- Heavy Metal Detox Smoothie ingredients: Wild Blueberries, Spirulina, Barley Grass Juice Powder, Dulse (see full recipe below)
- **REMINDER:** When you start any new herb or supplement, start very low (a few drops) and very slow. Start one new herb or supplement at a time and make changes (additions or increases) one at a time. This will make it easier to notice the effect of the herb/supplement and lower flaring. See how the body responds. If you have mild discomfort that does not affect your functioning, then increase hydration and rest, and the body may adjust slowly. You may also want to lower the dose you started or lower the amount you increased to go slower. If you have moderate to severe discomfort, stop the herb/supplement or go back to your baseline dose. It is very important to respect the body's pace. Cat's Claw (if wanting to use, discuss with a coach first) should be started one drop at a time.

THE BOOKS

I highly recommend reading the [updated version](#) of Anthony William's first book *Medical Medium* to give you a fuller understanding of his theory and approach. [Life Changing Foods](#) is also a treasure and can help you pick certain foods for certain symptoms. It's ideal to have it in digital form for easy searching. [Cleanse to Heal](#) features his specialized 369 cleanses to support deeper healing through the liver, as well as other MM cleanses. [Brain Saver](#) and [Brain Saver Protocols, Cleanses, and Recipes](#) are the latest MM books that have amazing information for neurological healing. More MM 101:

<https://www.medicalmedium.com/medical-medium-101.htm>

HELPFUL LINKS

Medical Medium Healing Path Free Course:

<https://www.medicalmedium.com/healingpath>

Muneeza's Roadmap to Healing Free Course:

<https://muneezaahmed.com/healing-chronic-mystery-and-autoimmune-illness/>

Lemon/Lime Water:

<https://www.medicalmedium.com/mm101/medical-medium-lemon-water.htm>

Ginger Water:

<https://www.medicalmedium.com/mm101/medical-medium-ginger-water.htm>

Aloe Water (especially for gut and skin health):

<https://www.medicalmedium.com/mm101/medical-medium-aloe-water.htm>

Thyme Tea & Water (especially anti-bacterial and anti-viral):

<https://www.medicalmedium.com/mm101/medical-medium-thyme-tea-water.htm>

Celery Juice 101:

<https://www.medicalmedium.com/blog/celery-juice>

<https://www.medicalmedium.com/mm101/medical-medium-celery-juice.htm>

Fruit fear, leafy greens, critical clean carbohydrates, adrenal snacks:

<https://www.medicalmedium.com/blog/fruit-fear>

<https://www.medicalmedium.com/blog/power-of-leafy-greens>

<https://www.medicalmedium.com/blog/critical-clean-carbohydrates>

<https://www.medicalmedium.com/blog/10-snacks-for-adrenal-health>

Info on chronic dehydration, hunger, grains, protein and fat:

<https://www.medicalmedium.com/blog/chronic-dehydration>

<https://www.medicalmedium.com/blog/are-you-always-hungry>

<https://soundcloud.com/medicalmedium/the-truth-about-grains>

<https://www.medicalmedium.com/blog/truth-about-protein>

Foods to Avoid with more detail:

<https://www.medicalmedium.com/blog/foods-to-avoid-for-healing-chronic-illness>

Heavy Metal Detox Smoothie 101, links for Dulse and green powders:

<https://www.medicalmedium.com/mm101/medical-medium-heavy-metal-detox.htm>

<https://seaveg.com/collections/dulse/products/dulse-flakes-4-oz-bag-organic>

<https://vimergy.com/collections/powders/>

Morning Cleanse:

<https://www.medicalmedium.com/blog/medical-medium-morning-cleanse>

Recipes:

<https://www.medicalmedium.com/medical-medium-blog-recipes.htm>

<https://www.reclaimersofhealth.com/category/recipes/>

Supplements:

<https://www.medicalmedium.com/blog/healing-benefits-of-b12>

<https://www.medicalmedium.com/blog/zinc-essential-mineral-for-health>

<https://www.medicalmedium.com/blog/healing-benefits-of-vitamin-c>

<https://www.medicalmedium.com/blog/lemon-balm-a-life-changing-herb>

<https://www.medicalmedium.com/blog/healing-benefits-of-l-lysine>

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

- Buy only recommended brands – very important! You need alcohol free tinctures and certain types of zinc and B12. Anthony William states he is not sponsored by the brands.

<https://vimergy.com/>

- This is the main brand recommended by AW for B12, zinc, lysine, vitamin C (Micro C), spirulina, barley grass juice powder, and many more!
- If Vimergy is out of stock, use these back up brands:
 - Global Healing Center - B12 Blend, Good State - Ionic Zinc – this one is stronger so be gentle with it!

Healing tea:

<https://www.medicalmedium.com/preferred/tea>

- Find your local herb store to buy bulk herbs and make your own teas!
- Or order bulk from <https://mountainroseherbs.com/>

<https://reclaimteas.com/> -

- Tea blends to clear pesticides, solvents, radiation (from the first Medical Medium book)

Water filter – MM recommends the Berkey filter (both black filters and white fluoride filters if your city uses fluoride):

<https://www.berkeyfilters.com/>

- Changing your water source can be instrumental to healing as the toxins in water (metals and chemicals like chlorine and fluoride) are troublemakers

<https://muneezaahmed.com/water-water-everywhere-yet-what-to-drink/>

Kitchen tools and detoxing the home:

<https://www.medicalmedium.com/preferred/kitchen>

<https://www.medicalmedium.com/preferred/household>

<https://www.medicalmedium.com/preferred/personal-care>

<https://branchbasics.com/> - One big bottle of nontoxic concentrate makes every cleaning product.

- Green your home over time. Work on lowering the exposure to metal in the kitchen. Switch out glass for plastic where you can. Bamboo cooking utensils. Consider ceramic cookware, if using metal, make sure it is stainless steel. See MM kitchen link above.

- Ditch foil - use unbleached parchment paper on cookie sheets for baking/roasting – prevents the need for oil and lowers metal exposure.
- Switch to nontoxic cleaning supplies (see Branch Basics above)
- Ask me about juicers – I have several tips.

Dental (important with detox):

<https://www.medicalmedium.com/blog/oral-health-essentials>

<https://muneezaahmed.com/dental-health-qa/>

<https://muneezaahmed.com/cavity-healing-story-plus-common-dental-and-oral-issues/>

Kids:

<https://www.medicalmedium.com/blog/childrens-health>

<https://www.medicalmedium.com/preferred/supplements-for-children>

Salad dressings:

- Squeeze on fresh orange
- Lemon & maple syrup
- Tomato and lemon blended with fresh garlic
- Peeled orange blended with fresh garlic
- Tomato blended with mango (Mango Tango)
- Pressed garlic, grated red onion, honey/maple, lemon - (CTH p. 350)
- Maple, cayenne, pressed garlic, lemon (CTH p. 376)
- Adding juicy tomatoes and fruits to your salad - then dressing isn't needed
- If eating overt fats (not on cleanse) - lemon, maple, tahini is a great dressing
- I've also gotten into eating salads without dressing just for simplicity!

COMMUNITY

FB Group:

- Sweet Surrender: Healing the MM Way Support Group - this group is run and moderated by MM Practitioner Marcy Miller, so you can trust that the info on there will be MM and you can even have extra coach support.

<https://www.facebook.com/groups/526821204427447>

Instagram – there is much to learn from these posts and feeds:

- @medicalmedium - Recipes!! Lives!
- @muneeza_medical_intuitive - Muneeza Ahmed, MM Practitioner
- @reclaimersofhealth - Kim Spair, MM Practitioner
- @healwithamber - Amber Vizzacarro, MM Practitioner

- @laurenhenryhealth - Lauren Henry, MM Practitioner
- @amber_holisticnurse_coach - Amber Whiting, MM Practitioner - has a recipe E-book!
- @taratom - Amazing healing warrior guiding thousands!

Blogs for recipes and other tips - sign up for their newsletters!

- <https://www.medicalmedium.com/medical-medium-blog>
- <https://muneezaahmed.com/blog-archive/>
- <https://www.reclaimersofhealth.com/blog/>
- <https://www.healwithamber.com/blog-1>
- <https://www.taratom.com/>