

Damaging Health Fads

by Medical Medium

Intro: Find out what's making you sick and how to heal. Anthony William is the Medical Medium.

Anthony William: Hello! I'm Anthony William. You're listening to the *Medical Medium Radio Show* where each week, I talk about the most advanced healing information and secrets about health, much of which is not found anywhere else and is decades ahead of what's out there now.

As I've always said, who has 10, 20 or 30 years to wait for answers to their illnesses? Life is precious. There's no time to waste. Let's start healing now.

Today's who is about damaging health fads and trends. Which ones are damaging? Which ones aren't? Are they good for you? Are they not? This is where we're going to be talking about some of our most popular health fads out there today.

You know which ones they are – goitrogenic foods, coffee enemas, fish oils, diatomaceous earth, gallbladder flushes, all the fun stuff and even more. We'll try to cover what we can. There are so many of them out there. We'll learn which ones really work for us, which ones don't.

And yeah, feel free to call in. We're going to talk about lots of things. We could talk about not only these things, but we could do little reads and let's see what Spirit sees on your health as well or questions you may have about some of these health trends. We can talk about that too.

Also, make sure you download a free chapter of my new book, *Medical Medium: Secrets Behind Chronic and Mystery Illness & How to Finally Heal*. Go to my website, MedicalMedium.com and download that free chapter.

So yes, a little bit about me if you're not familiar. Since the age four, I've been hearing a voice clear that I can hear and have a conversation with all about people's health, information coming through about what's wrong with people. That's how I diagnosed my grandmother of lung cancer. And shortly, after discovery, they found out later on that that's what she did have.

And since then, I've been helping out tens of thousands of people heal, regain that vitality, bring back their health and well-being, and moving past the whole lost of hope and lost of healing that we all fall into when we're chronically sick so long.

So, before I go into the damaging health fads and the trends, I just want to say a couple of things here that are so important. Now, this is a trick area because this

falls in the whole belief system category. It falls in the whole nutritional belief system area. That means someone might not be happy about hearing about one of these trends that they've been using and others who advocated, they might not be happy either.

But the information that I bring across, just so everybody knows how this works, comes from Spirit. So, even if I have a belief system, even if I like something, Spirit may not like it.

I'm a person too just like everybody else. There are things that I want to adopt because it's really interesting or I hear about a buzz about it. But Spirit tells me which would work and what doesn't.

There are a lot of different diet systems out there too. There's everything. There are vegetarian diets, there are Paleo diets, there are vegan diets, there are all kinds of diets. I mean, there are just tons of them now. And people are bouncing back and forth with all these different foods and diets and everything. We go into our belief systems and we fight for it and we try different things.

I'm like everybody else where, "Hey, that would make sense to me too." But Spirit allows me to ignore all that when I help people out. So, I keep my belief system out of here. I keep what I believe out of here.

So, I tell people often, just because I like something doesn't mean it's good for you. Exactly! It's what Spirit thinks is good for the person. The Spirit knows.

Since, like I said, age four, Spirit provides me all these information coming through about what's wrong with people's health, what's going on in their bodies, are they really sick, are they not sick, is it emotional, is it physical, is it everything and above, including what's good for people too.

So, all these fads, these health trends come floating by, and everybody is using them and everything. Hey, they're interesting to me too, but Spirit says, "Whoa! No, that one's not good because this is what it does." And I even get surprised, "Whoa! That happens?"

So, I'm just kind of letting everybody know, look, it's not about that I'm on a high horse here, and I want to rain on everybody's parade. That's not what I want to do.

So, hold back the stones. Don't throw them too hard at me. Hold back the rotten tomatoes. Whoa! Tomatoes, we're going to talk about. Are tomatoes and nightshades good or are they bad? That's one of the things. Hold back those rotten tomatoes.

It's not about what I believe in. It's what Spirit tells me really is what's happening. That's why I recovered tens of thousands of people out of the depths of darkness with their illnesses and sicknesses.

So, I just wanted to get that across to start with.

So, let's talk about these different fads that are out there and different health trends, things that are all of the rage. These things are really infectious. Once they get cruising, people pick them up right away because they're interesting.

I want to tell you about something. You know the song, *The Twist, The Twist* from Chubby Checkers back in the day? Well, everybody was twisting. I say this a lot because it's pretty funny. Everybody was doing the twist. They're doing twist in the diners, in the school dances. I mean, they were twisting everywhere – in the banks.

No one could stop doing this. This was really infectious – I mean, really, really catchy. We love catchiness. We love catch phrases. Oh, yeah. We love all of that.

But what's funny about the twist was that – see, yoga teachers, yoga experts know that when you twist your spine, your spine has to be straight. You can't twist your spine when it's not straight. It's not good for you.

Chiropractors know this too. They know you're not supposed to twist your spine while it's bent. Chiropractors know this. This is really not good.

But when everybody was doing the twist, they're all bending over and going back and forth and doing that little dance. They're all doing something that was potentially injuring their spines and injuring their spines for the future. But who cares? It was fun! Who cares? Who cares if people are going to have bad backs later on? Well, it doesn't matter because it was so catchy.

Well, it's like that with a lot of these trends too. In the health arena, who cares what happens later? It's so catchy. It seems right. Everybody is talking about it. Everybody is writing about it. But are they really good?

I want to talk about one more. It's my favorite. I talked about it during the summit. It's the fluoroscope. I just can't help talking about this sometimes. The fluoroscope was a trend as well.

What this was when you went to the shoestore back in the 1930s, 1940s and '50s, you would get an x-ray on your feet and legs. You'd stick your body at an x-ray box unregulated with intense amounts of radiation. And a store clerk would be pressing the button.

There wasn't a doctor on the premises in the shoestore. There wasn't a radiologist present at the shoestore. This is a shoe clerk pressing the button and just shooting deadly amount of radiation to women.

And if you were a woman that went to the shoestore more often than others, more often than men because it's almost therapeutic, you wanted to go to the shoestore –

Who doesn't love the shoestore, right? Who doesn't love picking up shoes and trying on shoes? Well, you would get an x-ray every single time.

This was devastating to women's health and womenkind. We're still dealing with this and suffering from this now. People are realizing they have radiation from their foremothers and forefathers going back all the way.

And so, that's another trend that was so catchy and so awesome, and it was alternative. Fancy that!

So you have in the health field now today alternative trends that also kind of mixed with conventional trends too. They're both mixed in. This isn't just alternative trendy stuff, this is conventional too. It's both.

And so, let's tap into some of these and see what's cooking here. Let's start with the nightshades. We've heard about nightshades. This is a funny one.

It's not the potato that's really bad for people. People say, "Well, you got to look out for the potatoes. They make my arthritis worse." Who eats a potato by itself steamed? Well, no one. No one.

People have a potato with butter on it. They have a potato with cheese on it. They have a potato fried in some rancid oil which is usually when they have potatoes mostly. And they have potato with milk, with cream or whatever. They have all of that going on. They have, what is it, double fried potatoes that are, whatever they're called, twice baked with all that stuff in there.

That's one thing that alters the sense of what the potato really does for someone. So, this is a problem that occurs.

People say, "Well, potatoes aren't good for you," and meanwhile, they're really high in potassium, they're packed with l-lysine in them which stops viruses. Potatoes are an antiviral food that's being ignored right now.

I'm not saying, "Okay, just eat potatoes and be on the potato train." That's not it. I'm not advocating potatoes like that. Spirit is just saying that it's a powerful healing food for viruses, people that deal with all kinds of viral issues out there because it's so high in l-lysine and it's incredible for other organs of the body, including the brain.

But why does it bother people? It's because there's a chemical reaction that occurs from frying or baking or cooking with these other things, and having butter in there, the heat component. It's naturally-occurring hormones in dairy products –

And I'm not saying I'm even against dairy right here. I'm just saying it's naturally occurring inside dairy products that actually react (chemical reaction) in the high potassium and the potato and other phytochemicals in the potatoes that turn it into something that's not as good.

I had one person say, "Well, I did what you told me. I wanted to always eat potato. I always eat them with butter and cheese with milk. That's the way I love them." I said, "Well, you got to stop all that and see how it feels if you really want to eat a potato. Go ahead and try it and see how it feels."

She came back and said, "Well, it was a little better. it's not much better though." And Spirit said, "There was something else in that potato."

I said, "Well, Gloria, what else are you putting on that potato?" She said, "I'm not putting anything in this potato." I said, "No, Spirit is telling me you're putting something else on there, on that potato." She said, "Yeah, lobster. I have to have lobster on my potato. I have to have it stuffed in my potato every day." I said, "Okay. Well, just remove that."

We don't want to let go of some of these other ways, but we have to shift our gear if we want to eat something.

But tomato, what about tomato? Nightshade tomato, we want to go on to tomato. Well, tomatoes have had a bad rep for a long time. Back years and years ago, when you would eat a tomato on a pewter plate, it would draw lead out and kill you. So, that pretty much gave tomatoes the longest bad rap. You would die eating a tomato.

But that's because tomatoes are really powerful in detoxing metals out of the body. Tomatoes are a heavy metal detox food. How about that? No one talks about that. All we talk about are lycopene or we talk about tomatoes are nightshade and they're bad for you. Tomatoes actually pull more poison out of the body than people even now – especially mercury, lead that's inside people's bodies, aluminum, just like it pulled lead out of a pewter plate.

So, tomatoes are an amazing food to eat.

And just for the understanding of this, the fruit, the ripe tomato itself doesn't become a nightshade anymore once that tomato turns rip and red and juicy. It's the plant that's the nightshade in the end. There's also a disconnect on how that works. So, don't eat the leaves of the tomato plants. That's nightshade. But don't be afraid of that one.

And peppers, you just have to eat them ripe. But you have to eat a lot of things ripe. You just do. That's just the way the world works. You need things to be ripe to eat them anyway.

I don't push people to eat unripe peppers. They are instiative because there are tannins. There are tannins on peppers. So be cautious with that. Make sure they're red. It's really important that they're red peppers. And then if you're someone who likes that kind of thing, it could work. Don't be afraid.

So, that's the nightshade thing. It spooks people when you hear the term nightshade which makes it catchy. It's catchy. It's like, "Ooh, nightshades, spooky!" and then it runs crazy viral out there in the world. Everybody is freaking out. And then, all of a sudden, these things become problematic.

It's not the tomato that bothers people. It's the tomato sauce that's on a wheat pizza with some gnarly wheat (that's probably not even good stuff), rancid oil on the pizza, fake cheese on the pizza (or real cheese). It's that concoction alone, that could maybe make somebody not feel good. If we felt great on pizza, wouldn't we eat every day? I think we probably would eat it every single day if we felt great with it, most of us.

So, you have to learn how – hey, an heirloom tomato, don't be afraid of it. Nice and fresh and ripe on your salad, how cool is that? I mean, come on!

So, let's talk about some other fun ones because this is going to go quick. These are too great.

Goitrogenic foods, what is that? Well, you're hearing about it out there probably. That is food that inhibits the thyroid. Goitrogens that are in foods, these

compounds, that suppress the thyroid gland, these are kale, broccoli, cauliflower, chard, or actually, collard greens, broccoli rob, cabbage. It's that family there that people are worried about now.

So, the new trend or all the rage is, "Hey, don't eat broccoli. If you've got hypothyroid, don't eat broccoli. If you have Hashimoto's, don't eat kale. You'd better watch out." This is a really terrible mistake actually. It's kale that helps recover a thyroid that's ailing from all kinds of problems.

First of all, people need to know what creates thyroid disease. When they learn that, then they realize, "Okay, wait..." And that information isn't out there. We're going to explore that. We're going to talk about the truth of what creates these thyroid problems in our shows coming up.

But the deal is that kale actually helps your thyroid. There's not enough compounds, goitrogens, in this food to inhibit the thyroid on any level. You would have to eat a barrel of broccoli a day in order to even come close to causing trouble with the thyroid.

So, why did this run rampant? Why is this going out there? I mean, you even see it. You look around and you see other forums and people talking about it as if they're experts on this compound in broccoli that's stopping people's thyroids. It's almost unbelievable. But it's not the truth. That's not correct.

So, it robs from us. It can steal from you. You don't like anything being stolen from you, do you? I don't. If you left your wallet in the car, you don't want somebody busting into your car and taking your wallet while you're in the grocery store, right?

Well, this is another way that things can be taken from us, opportunities to heal our thyroid. Because kale heals the thyroid, that opportunity can be robbed from us and taken from us by people that are still wonderful people that are in the field that we're in today, trying to help people, but it's a shame the information gets to this degree where it becomes misinformation.

I'm passionate about this area because of a couple of things. We need everything we can get in order to heal. We need every single piece of the puzzle. We can't leave pieces of the puzzle out. We need every last one of them. So I get passionate about this because it really does matter. So the goitrogenic food concept has to be put aside.

And look, little old me is not going to be able to change the world on this. These things are already out there. it's running rampant. I could put out ten books about this, it still probably wouldn't tip the tide on the entire thing. But if you're listening and you want to be cautious, you want to heal, and you want to look out, just take this information and tell a friend as well. So, the goitrogenic foods.

Let's talk about another fun one. This one – just hold back here, but just don't get too upset – diatomaceous earth. If you're using diatomaceous earth products, beware. They're really, really, really a problem with the immune system. They're touted as being good for the immune system. They're touted as being good for the intestinal tract. People are consuming this. Uh-uh, not a good idea at all

whatsoever. I don't care if you haven't felt a negative impact yet, you have to be cautious.

What this does, it's like diatomite. It's a soft rock. It becomes like a white powder. It tenaciously binds to the inside lining of your intestinal tract and it suffocates the intestinal tract. That sounds kind of spooky, right?

What that does is it stop absorption is micronutrient trace minerals. If you continue to use these diatomaceous earth products and you internalize them, you're taking them internally, you will become deficient in so many vitamins and minerals, everything that it says it does and do.

Not to mention, if you're a sensitive person with colitis, Crohn's, IBS, spastic colon, peristaltic action issues, everything, anything in the digestive arena, you don't want to be ingesting diatomaceous earth. I'm just going to say it right here.

Sure, some letters might come in the mail saying that was wrong for me to say. People might be upset. But this is about you getting better. This is about you getting healthy. This is about protecting you.

You know, one thing I always say to anyone who's worked with me, "Look, it's not about what I care about on other parts and facets of my life. This is about me caring about you and your health. This is why I was given this gift. If I don't use it, if I don't work with it this way, then I'm not doing anybody justice." This is so you can heal and move forward. It's not about anything else.

So, let's talk about some others. Let's talk about coffee enemas. That's an interesting one. That's been going on for years, decades actually. This one's kind of tricky because what happens with coffee, in general, is it knocks down our hydrochloric acid. It knocks down our HCl. That's what it does.

We need the HCl to be strong. In this day and age right now, we need our hydrochloric acid levels strong. To survive in the 21st century and to be healthy, you have to have good HCl. And we'll explore this, how to create good HCl, in other shows.

But coffee knocks HCl down. And someone would say, "Well, if you drink coffee, it's going to knock HCl down. But in enema, you're not drinking it." But there are co-HCl. There are co-factors to HCl. There's HCl co-factors. These are deeper into the intestinal tract.

Science hasn't figured this out yet. This is one of my secrets that Spirit has blessed me with. But these co-factors, the HCl, ten years from now, science is going to figure out that hydrochloric acid isn't just one acid and sitting around your stomach. This acid is bonded with other acids, they're working together, and there's a complex acid system in your intestinal tract with co-factors involved.

But coffee enemas destroys all that. it destroys all of that and weakening your digestion in the process.

But what also coffee enemas do that's not good, it wears down your intestinal linings. The intestinal lining of the colon, the small intestinal tract, it wears these

linings down. It's abrasive, really astringent. It's not there to detoxify it. It wears it out, so that pathogens can thrive.

People are really worried about the fungus, they're worried about h. pylori or they're worried about c diff. Yeah, worry about that when you're doing these coffee enemas because it wears down the linings.

So, that's the whole coffee enema thing. Be cautious.

And it's not good for the liver to do the coffee enema either. It's like punching the liver. It's like somebody, "Hey, would you like someone to come up to you and punch you right in the gut, right into the liver." That's what happens when coffee hits the liver.

You want to cleanse your liver, you drink lemon water. You drink lemon water first thing in the water, or lime and lemon water first thing in the morning on an empty stomach. Twenty-four ounces of lemon water, you drink first hour in the morning, and you'll cleanse your liver. You'll have a better opportunity doing that and you'll be gently to your liver, gentle to it, and it's not going to be like getting punched in the gut.

There are so many of these. There are so many of these. I'll try to get through what I can.

Gallbladder flush, there are books on gallbladder flushes, everything is on the Internet about gallbladder flushes, people do them. But I'm just going to have to tell you about this one.

First of all, what people see in their stools are not stones from the gallbladder flush. If you're mad at me, I'm sorry. I apologize. I really do. I would've thought it was, but Spirit knows it's not. I would've thought for sure that this is what it's got to be, but it's not.

I'll give you a couple of things to understand about how it works when you drink oil, whether it's olive oil or anything else. What happens is when it's a little bit more than the body can handle, than the liver can handle or the pancreas can handle, it bypasses everything, and it gels up and turns into little globules of jelly. This is the body's defense mechanism to eliminating the oil without giving you pancreatitis. That's what this is.

So, you'll find in your stool a lot of these little – they seem like stones, different colors from different poisons. They're just naturally in your intestinal tract. You'll see all these so-called stones.

When someone says, "Well, I've been getting rid of my gallstones for the last ten years. Once a month, I do this," and I see hundreds of them once a month, your gallbladder is like a baby bird in your hand, smaller than that. It's like a tiny frog. It's not that big of an organ at all. It's a small organ if it's in the palm of your hand. You can't produce that many gallstones.

You can't have hundreds of gallstones in your gallbladder monthly. You can have sand in your gallbladder. It can be filled with sand. But you can't have that many stones. It's not possible.

So, I'm just saying be careful with this gallbladder flush. This somehow got by us. I'm sure I'm not making a lot of friends saying this, but I'm saying be careful because I've seen people go into pancreatitis from doing this flushes and then getting hospitalized.

I've also seen someone dislodge a real stone out of the gallbladder because of this. The last thing you want is to dislodge a stone in your gallbladder.

Say you have four stones in your gallbladder and you do the flush. It forces it to push up a stone, and it gets caught in a duct. You're heading for surgery now. So now you're getting your gallbladder removed when all you had to do was do other different techniques to dissolve the stones in your gallbladder (which we're going to cover along the way, so its' another fun thing).

So, be careful with the gallbladder flushes. I think that one just went a little too far.

We're going to do another one. This one's interesting, natural flavors. Who knows about natural flavors? Anybody have that taken around in any food they see where you buy packaged food? I'm talking about healthy packaged food.

If you go into the health food store and you buy healthy packaged food, you're going to see somewhere on the bottom there 'natural flavoring'. You might see 'natural flavors', 'natural flavoring', 'vanilla flavor'. Vanilla flavor isn't vanilla extract. That's vanilla flavor. They're two different things. You see a 'flavor' – that's right, you see that word, 'flavors', 'flavoring' or 'flavor', you see that, look out for that.

You want to know what's on your food, don't you? I mean, come on! You must be serious about what you're eating. Even if you eat a box of cookies, you still want to know that that's what you're eating. If you eat a piece of chocolate cake, you still want to know that that's what you're eating. You want to know even if it's butter and sugar and wheat. You still want to know what you're eating. You have that right.

But what if that right is taken away from you? What if it's taken from you?

When you have natural flavors in a product, a health food product, an organic product, and you consume that, you don't even know what you're consuming. So, that right is taken away.

It's different if you look on the packaging, it says, "Oh, there's wheat in here. Bummer! I'm going to eat wheat. There's sugar in here. Oh, there's sugar in here. Okay, it's organic sugar. Okay, it's organic wheat. Okay." Whatever it is that's in there, you know what it is because you know it's wheat, you know it's sugar, you know whatever's in there. But you don't know what natural flavors is.

It's a trend that's really gotten away from us. It's in everything now. And look out because it's MSG. How would I know it's MSG. It will be surfaced just like lots of things Spirit told me and showed me. I documented it years and years ago. And it all comes out later that Spirit knows best. I don't know best, but Spirit does. Yeah, it's MSG.

Look out because there are all kinds of mysteries in that natural flavoring that's getting into the labs, meaning into food creating right now. You got to look out for that and be cautious. The stuff is rampant. So, that's another big one.

Maybe we'll talk about one more. This one, you just got to hang on to your seat. So hold on to your seat on this one seriously. And don't get upset at me. Blame on Spirit, okay? Don't take it out on me.

Fish oil, the infamous fish oil. It's everywhere. Everybody's offering it under the sun. "You got to be on your fish oil." What? We don't understand. We don't want that. We don't want the fish oil.

We want what's in the fish oil. We want the DHA. We want the EPA which originally came from algae sources and plant sources that the fish originally ate and it climbed up the food chain in the ocean. We want the EPA, we want the DHA. But we don't want that fish oil version. You don't want that.

I'll tell you why. I'm getting excited about this.

Look, you know about mercury, right? We know about mercury. And so does the fish oil companies too. The fish oil companies, they know about mercury too. That's why they say, "Hey, this is clean stuff. This is the stuff that's from the opposite ends of the planet. This is the stuff that's hyper clean. We cleanse it. We pull the metals out. We pull the mercury out. We distill it out." You can't get fooled by that one. It makes it worse.

You guys know about homeopathy, right? Who doesn't know about homeopathy? YOU should look into homeopathy. What it is is when you dilute something, it gets stronger. When you remove something and dilute it and dilute it, it gets stronger and stronger and stronger. You do it 200 times and it's like a powerful influence on what happens on the body. Homeopathy is a powerful influence on what happens to the body.

Even though lots of it is a mystery to so many people, it can influence the body in any way. That's the power of homeopathy, it's interesting.

So what happens is when you remove mercury but that oil is really, really concentrated, and you're removing that, something homeopathic happens. It becomes methyl. Methyl means it's able to methylate. It's able to drive deeper into your system.

It's not like eating a piece of fish, don't get me wrong. You need a piece of fish. That mercury is different. It goes into your intestinal tract. It goes a little bit into the liver. And then, you need to actually do some heavy metal cleansing and remove that if you want.

But this in fish oil travels in the lymphatic system instantly. It travels in the bloodstream instantly. It crosses the blood-brain barrier into the brain and sets people up for what we don't want which is Alzheimer's and dementia, the very thing that are claiming that fish oil stops, Alzheimer's and dementia.

Get your EPA and DHA from plant sources, algae sources. You'll find it. Just look out there. You'll find the best stuff. It's out there. And be cautious on the fish oil front.

Look, it's nobody's fault. It's not any doctor's fault. It's not any practitioner's fault. It's not your fault. It's not. It's just we don't know this stuff. I wouldn't know if it wasn't for Spirit and if it wasn't for me helping people recover all these years and getting them to where they needed to be.

So just be cautious on that one. It's hyper-inflammatory, the fish oil products. It's what we call it over here, *hyper-inflammatory*.

So, what is good for us? What are some cool things that are trendy right now?

Cilantro, that's trendy. That's incredible for you, cilantro. So, cilantro does remove heavy metal. It does a great job doing it. Don't stop that. Use that. If you're going to continue to take your fish oil and you're going to say, "Oh, no. That's not... I'm going to take my fish oil because someone says so, and I'm going to take it," well then, take cilantro with it. Try to grab on to that homeopathic methyl mercury that's in there, and pull it out. So that's really awesome.

Wild blueberries, I've been talking about wild blueberries since I was born – well, really, since the age of four when Spirit told me wild blueberries are the most powerful food on the planet. They detoxify poisons and heavy metals and dioxins better than anything on the planet.

They are adaptogenic even though it's not listed as adaptogenic, but it will be. I promise you, it will be. Give it another 10 or 15 years and it will be on the adaptogenic years. Wild blueberries are going to be the big thing coming up. They're going to be the big thing. They're working its way. Incorporate that into your life. It's frozen wild blueberries. It's a really powerful. You get them right in your supermarket. They're easy to get. So, these are some of the great things that we have.

So, let's take on some calls and see what's going on with everybody. I think this would be really cool.

Line five, let's talk to Cathy. You there, Cathy?

Cathy: Hi! Hi, Anthony. How are you?

Anthony: Hey, good. How are you?

Cathy: Good. Congratulations on the show and the book!

Anthony: Oh, hey, thanks! Your support is well-accepted. Thank you. How are you doing? You've got some neurological stuff cooking?

Cathy: Well, I have Eipstein Barr. The last couple of days (well, actually, longer than days), my body is like going through inside tremors and I'm getting very loud ringing blasting in my ears.

Anthony: Well, what happens is Eipstein Barr creates a neurotoxin. That's what it's called it, a *neurotoxin*. It doesn't do it for everyone. There are different varieties of Eipstein Barr, and there's this neurotoxin that occurs. And it's very abrasive to the central nervous system. It causes tremors. It causes ear-ringing. It causes the whole thing, the tinnitus. It can cause dizziness.

One of the way to kind of stop up some of those neurotoxins is the cilantro thing. Try to bring in more cilantro. Bring that in. Bring in some wild blueberries. Get the frozen wild blueberries. And mix that with some celery juice if you can. Make yourself a little tonic of the cilantro, the wild blueberry and the celery juice. Bring those together. Start stopping up some of that overload from the viral issue. That's byproduct that the virus

creates and it becomes just hazardous to the body where it makes all these things happen.

Start with that, Cathy. And then, keep on forging ahead. Thank you for calling.

Cathy: Thank you.

Anthony: So line three, we have Laurie. So Laurie, are you there?

Laurie: Yes, I'm here. Thank you for taking my call.

Anthony: There you are!

Laurie: Yes, I am. Can you hear me?

Anthony: Yeah, yeah, absolutely. So tell me, what's your question and concern? Are you worried about your hormones and everything?

Laurie: Yeah, I've been going to the doctor and they won't run tests. They're saying I'm too young to have these issues. And I've been gaining weight. I have pain. Just something inside me is telling me that, but I can't confirm that.

Anthony: Can I ask you...

Laurie: The voice is saying it's hormones.

Anthony: Sure, sure. How old are you?

Laurie: I'm 44.

Anthony: Sure. And the kind of pains you're feeling, you're feeling aches and pains everywhere or just one area?

Laurie: Just one area, like around the ovaries, that area.

Anthony: Yeah. Well, Spirit is saying that your colon's inflamed in that area.

So, you have to understand that we think that we have space inside of us when we think about our organs and our glands and everything. We think we have all the space inside of us. But the colon is pressed, jammed tight right up against the reproductive system. In fact, everything is super tight in the body. There's not one inkling of space, and everything is pressed together just like this perfect package.

But from what we're seeing over here on the scan is you've got an inflammation in the intestinal tract in the colon. So, you've got to make sure you're off of wheat. You have to make sure that you're off of dairy products. That's number one. You have to focus on keeping clear from any of that.

And what I mean "clear from that", I mean you can't let any of that in. You have to give your colon a chance to heal. You're inflamed. And what that does is that's squeezing everything and it's going to be hurting.

So, start with that. And then, forge ahead. See how you feel, and then give us a call back on the show sometime.

Laurie: I will. Thank you very much.

Anthony: You're welcome. Bless you!

Laurie: Bless you too. Thank you.

Anthony: You're welcome. So line two, Monica.

Monica: Hi, Anthony. Thanks for taking my call. I had the pleasure of talking with you two years ago.

Anthony: Ah!

Monica: I was diagnosed with fibromyalgia almost 20 years ago and I'm dealing with some autoimmune issues now.

Anthony: Fibromyalgia is a mystery illness. It's a tag, but doctors don't know what creates it or how it works, both medical sides, whether it's alternative or conventional.

Enough women have had enough of these aches and pains with their nerves that we put a tag on it called *fibromyalgia*. It was supposed to make us feel better that it had a name for a while. But really, it doesn't help anybody to just – it should be just called a mystery illness until someone decides to put funding to it, until things go in the right direction.

But actually, that's viral 100% . Fibromyalgia is viral. So, it's a combination of, with you, viral plus a little bit of heavy metal. It's that combination together. You've been having it for 20 years, that's the old mono virus going all the way back. That's what that is that creates that fibro.

Make sure you're on your best B12. Make sure you go and you get your best B12 product at least to start support the nerves. Find a methylfolate product.

If I'm going too fast, just get the archive of the show so you can listen again.

5-MTHF, pick yourself a 5-MTHF to actually help restore nerves. Focus on a little Spirulina, a really high quality Spirulina. Start fortifying those nerves because that's what the fibro is.

And then, stay away from the bad foods. You know which ones those are. Be cautious. Just try not to eat them too often and start to recover.

Are you doing anything for your adrenals because Spirit says you have adrenal fatigue?

Monica: Yeah, I'm feeling that these days. What do you recommend for adrenal fatigue?

Anthony: Well, first of all, you have to eat every couple of hours. You can't go too long without eating or your adrenals are just going to crash. You can't go three hours without eating. You can't go four hours without eating. It's really important that you constantly keep a little fuel going in. That will give them a chance to reboot.

Monica: And Anthony, I don't know how to eat anymore. I don't know if I'm getting too much protein or not enough protein, too much grain or I can have a little bit of grain, or too much fruit or, you know?

Anthony: What you do is you don't dominate and eat too much of one thing. Just because you hear the protein wars out there – and I'm not involved with the protein wars. That's everybody freaking out because they're saying you have to eat protein, but nobody realizing that too much protein does kill your kidneys and liver, but yet no one cares. And then, there's people that are anti-protein.

What it is *is* try not to let the noise of the protein war out there that everybody is battling. What you do is you listen to what you feel inside. And I'll give you a little guidance.

What you do, you could have protein. Just don't have it dominate the diet. You can have some fruits, but don't let it dominate the diet. Bring in a lot of leafy greens though. That one, you want to dominate. That one should dominate the diet, the leafy greens. Bring that in. That's going to be really helpful to the fibro.

When people say protein, the best protein in the world comes from the leafy greens. And then there are good protein sources, of course, that comes from other places. You get it from wherever. Animal proteins, you get it from nuts and seeds.

But the point is that you want it from your leafy greens for your problem. That's what Spirit is saying. It doesn't matter what I like. I like protein, but Spirit doesn't care what I like. It's about what's good for you. And that means you should keep your proteins somewhat a little bit moderate to kind of mild. And then, get those leafy greens going.

Monica: And what about grain, a little bit of grain, no grain?

Anthony: You're hyper-sensitive to grains altogether, so keep it to quinoa, Spirit says.

Monica: Oh, wow! Good to know.

Anthony: And Monica, thanks. I'm so glad you called.

Monica: Thanks! It was good talking to you again.

Anthony: Great, great. It's an honor. Thank you.

So, we'll go to line six. We have Jamel. Are you there?

Jamal: Oh, hi! Yes, hi.

Anthony: Hi!

Jamal: I'm calling from Brooklyn. Thank you. Hi!

Anthony: Brooklyn is a great place.

Jamal: And I [...] from the summit. And I have to say that your first show was [...]. And when you came along, what you do was so simple, it really was a breath of fresh air. It really was.

Anthony: Oh, fantastic! That warms my heart, seriously. It's affecting your life. It's helping you. And that means everything to me. You're going to get me all welled up here. So yeah, I'm really happy about that.

So, tell me, you've got aches and pains and everything? Tell me what's happening there.

Jamal: I think that – well, I don't want to presume, but what's happening is I'm having a pain in the back of my neck. And [...] On a scale of one to ten, it's probably a four or five – thank God! And sometimes, I'm having nausea associated with it and headache. So, I'm planning on going to a doctor to talk about that.

Early last year, they said I had some lower spine issues which was [...]

Anthony: You know, it doesn't look like you have enough wrong with the vertebrae itself. Right now, I'm looking into the vertebrae, I'm looking into the neck. Spirit is talking to me right now. It doesn't look like there's enough wrong with the neck. It doesn't look like there's enough out of place. So, this is a nerve issue.

When I look at the lower spine, it looks like L4 and L5 on the spine on the lower lumbar. Those are problematic, but Spirit is telling me that's not causing the neck issue. So, the L4 and L5 isn't causing that either.

So, this is inflammation. It's never inflammation. That's what this is here. You do infrared sauna at all? Have you done an infrared sauna?

Jamal: No. I heard of it from years go, but I never really took it on.

Anthony: Yeah, look into that. Look in that area. Brooklyn, there's got to be options to pop into an infrared sauna somewhere. Get in there, start doing it a couple of times a week or whatever you feel you want to do. Talk to somebody about it. Start there, Jamal. And then, thanks for calling. Great talking to you.

And then line eight, we've got Peggy.

Peggy: Hi, Anthony.

Anthony: Hi, how are you?

Peggy: I'm great. How are you? It's so nice to speak to you. You've helped my friend, Gail, so much, and her daughter and I'm very excited to talk to you.

Anthony: Oh, bless you, bless you. It's an honor. Spirit tells me there's a liver stagnation issue with you, so we've got a liver problem.

Peggy: I knew it, okay.

Anthony: So, we have to focus on that liver. If we don't, you're just going to constantly get every symptom under the book. You're going to get maybe some nausea, you're going to get some headaches, maybe even sleep issues sometimes, maybe a migraine. So, you have to be really focused on the liver. That's really important.

Go ahead, sorry about that.

Peggy: I get migraines every month, sometimes three or four times a month. I've tried everything in the book. So, that's good to know that I can at least concentrate on the liver issues.

Anthony: Yeah, cleanse the liver in any way you can. Do you juice at all? Do you ever do a juice?

Peggy: Yes, I do. I tried your celery juice. It was disgusting, but I'm sure it works.

Anthony: No, no. You know what? There are two kinds of people in the world. There are people that like Neil Diamond and there are people that don't like Neil Diamond. I like Neil Diamond, but that's just my preference.

But the point is, yes, that celery juice is going to be tricky and it's going to be difficult. But I'm with you on that.

Try to just do two ounces of it, two to four ounces. Don't feel like you have to go crazy. Get a little bit in at a time.

It also tells me that the liver is that toxic because when your liver cleaning is up and it starts to get free, that celery juice doesn't even bother you. That's number one.

Stay hydrated when you can. Just because you think you might be hydrating yourself, Spirit tells me you're not. So, you have to be on that. It's like having a newborn baby. That's what it's like, trying to stay hydrated. It's literally like changing diapers. You have to be on the job. You can't be falling asleep on the job when it comes down to being hydrated.

Peggy: Okay.

Anthony: So yeah, totally, that's the focus. Another thing too, try to get a little bit of a deeper sleep. So, how do you do that? You need like an hour downtime right before bed where you try to do something that's relaxing, but not something so amped up of any kind. Try not to get amped up. Try to give yourself an hour before bed of any kind of gentle meditation possible, whatever that may be. And whether it's just talking to the angels, whether it's just relaxing, maybe reading something that doesn't get you wound up, but just focus on that too, all these little things are going to help with the liver. If the liver gets angry, it gets all mean. So that's what I would do for sure.

Peggy: Alright! Thank you so much, Anthony.

Anthony: They you, Peggy. You're awesome. Great, great.

So we have line nine. We've got Bonnie on line nine.

Bonnie: Hi, Anthony.

Anthony: Hi! How are you?

Bonnie: I'm great. I spoke with you last 2011.

Anthony: Wow! Time is flying. That's the funny...

Bonnie: It is!

Anthony: That's four years ago. That's amazing!

Bonnie, Spirit tells me that you've got a couple of different toxins floating around in the body that you picked up somewhere in some kind of food. So, some kinds of foods you ate somewhere (a restaurant or something) had toxins in it, meaning a type of – not neurotoxin, but Spirit is saying more or less a bacterial toxin.

So, what you have to do is work on flushing toxins. Work on doing that. If you have a practitioner, go to your practitioner, say, "Look, I want to flush out toxins."

Lemon water every morning, I talked about. That's one thing people can do. It's easy to flush out toxins. Cucumber juice, that's what you need to do.

What's going on? What kind of problem you've got cooking?

Bonnie: When I spoke with you in 2011, you said I had the Eipstein Barr virus. I don't know if it's still present.

Anthony: It's not present now at all.

Bonnie: Oh, wonderful, wonderful!

Anthony: But are you getting any rashes?

Bonnie: Yes, every day. It doesn't go away.

Anthony: That's the bacterial hives. That's the bacterial toxin that's causing a rash. That's the toxins I was talking about.

So, everything I said, make sure you do that. And start when you can.

Thank you, Bonnie. It's so nice to talk to you.

Bonnie: Thank you.

Anthony: Awesome! Bye bye.

Remember, listen to your body, but also know that everything I offer is here for you. This gift wasn't given to me so I could help myself. This gift was given to me, so I could help you. That's the whole point. It wasn't intended for me. it was intended for you.

That's why I'm here. I want you to heal. I want you to get better. I love you. I care about you. All that matters is your healing process while I'm here on this Earth. God bless you. Many blessings! Bye.