

MEDICAL MEDIUM® ANTHONY WILLIAM

# TOP 10 HEALING FRUITS



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# 1. Wild Blueberries

Wild, lowbush blueberries are naturally occurring berries that have been growing in Maine, Quebec, New Brunswick, Nova Scotia, and Prince Edward Island for more than 10,000 years. They are smaller in size than planted blueberries and a more concentrated source of nutrition and antioxidants.

Wild Blueberries have survived in the acidic soil and challenging winters in the northern climate for many thousands of years and those natural challenges make them special. Their ability to adapt to harsh environments gives them genetic strength, which we also benefit from when we consume them. Their adaptogenic nutrients give us more strength and ability to adapt to the challenges and stress we face, and help to revitalize any exhausted system. Wild Blueberries present the perfect nutritional answer to total body recovery and are essential for the future of our health individually and as a race.

Wild Blueberries are the ultimate antioxidant superfruit and explode with immune strengthening vitamins and minerals that nourish body and soul. Their powerful antioxidants and polyphenols are known to protect the body from free radical damage, benefit cognitive and neurological health, support the cardiovascular system, and help reduce inflammation

## **How To Use:**

Wild blueberries can be enjoyed fresh or frozen. They are wonderful eaten alone, with other fruits, or added to smoothies or salads. Or try this recipe for Wild Blueberry Tarts. The most convenient way to enjoy wild blueberries is to buy them frozen from your local supermarket or health food store or enjoy a high quality [Wild Blueberry Powder](#).

[Wild Blueberry Tart Recipe on www.medicalmedium.com](http://www.medicalmedium.com)



## 2. Apples

Apples are a crunchy, sweet, and satisfying snack that have immune boosting and disease preventing properties. They are a highly alkaline fruit that have the ability to quench both an immediate and cellular-level thirst. Apples are also an amazing detoxifier and contain both malic and tartaric acids that help remove impurities from the liver and gallbladder. Eating two apples or more a day can aid in the prevention of colon, liver, breast, prostate, and lung cancer and can also dramatically decrease the risk of a stroke. Apples are especially rich in phytonutrients and antioxidants. They have been shown to be beneficial for neuro-degenerative problems such as Alzheimer's and Parkinson's disease as well as for bronchial problems such as asthma. Apples have wonderful anti-inflammatory properties and provide significant results for those suffering with autoimmune disorders such as Addison's disease, Cardiomyopathy, Celiac disease, Lupus, and Multiple Sclerosis.

Apples contain pectin which is a gel-like fiber that can prevent the putrefaction of protein in the digestive tract. Pectin works like an intestinal broom to clean and sweep out debris from the colon. This is particularly beneficial for those who suffer from constipation or impactions. Apple pectin has also been shown to bind with radioactive residues and toxic heavy metals such as lead and mercury and safely remove them from the body. One more benefit of apple pectin is that it has the ability to limit the amount of fat our adipose cells can absorb by building a barrier that naturally controls the buildup of fat in the body which makes it a great choice for any weight loss program. Try making a super quick and easy nutritious applesauce by blending 2 raw apples with 3 dates and a pinch of cinnamon in the food processor. It is a vibrant, healthy treat that both kids and adults will love.



### 3. Lemons

Lemons are a powerful healing fruit that contain phenomenal antibiotic, antiseptic, and anti-cancer properties. Lemons are rich in vitamins C and B-complex and minerals such as iron, calcium, magnesium, silicon, copper, and potassium. They are considered to be a wonderful tonic and can help to cleanse and detoxify the entire body. Although lemons have an acidic taste they actually have a very strong alkaline reaction on the body and can help to alkalize blood, cells, lymph, organs, and tissues.

Lemons are known to help destroy putrefactive bacteria in the mouth and intestines which can help alleviate flatulence, indigestion, and constipation. Lemons contain a compound called limonene which is used to dissolve gallstones and kidney stones and can help to fight oral, lung, skin, breast, stomach, and colon cancer. Lemons are also rich in bioflavonoids which can significantly boost the immune system and reduce inflammation in the body. Lemon juice is known to be particularly beneficial for colds, coughs, sore throats, hiccups, ear infections, fevers, arthritis, heart disease, COPD, atherosclerosis, diabetes, high cholesterol, autoimmune disorders, stroke, and cancer. Topically, lemon juice is a great remedy for wrinkles, warts, toothaches, corns, sunburns, poison ivy, acne, psoriasis, and as a hair rinse and facial astringent. A tall glass of lemon water upon waking is an excellent way to hydrate and cleanse the body first thing in the morning. Fresh lemon in tea and green juice and added to salads, wraps, hummus, guacamole, and nori rolls is another great way to add this healing and nutritious fruit into your diet. Fresh lemons can be found at your local grocery and health food store.



## 4. Grapes

Grapes have been called the “queen of fruits” due to being one of the most nutritious and medicinal foods available since ancient times. Grapes are a rich source of vitamins A, C, and B-complex, and minerals such as calcium, magnesium, copper, boron, manganese, iron, selenium and potassium. Grapes contain high amounts of powerful antioxidants known as bioflavonoids, resveratrol, and anthocyanins. These phytochemicals are anti-inflammatory, anti-viral, anti-microbial, anti-aging, and anti-cancerous and provide protection against anemia, degenerative nerve diseases, heart disease, viral and fungal infections, Alzheimer’s, autoimmune disorders, and all forms of cancer.

Grapes can also help provide relief from asthma, migraines, constipation, gastritis, chronic acidosis, indigestion, kidney disorders, fatigue, and vision problems. Grapes have the ability to help prevent blood clots due to their ability to increase nitric oxide levels in the blood and therefore provide excellent protection for the heart and cardiovascular system. Grapes also amazingly enough fight tooth decay and can stop viruses in their tracts. Grapes can benefit blood sugar by providing better insulin regulation and overall blood sugar balance. The black variety of grapes are by far the most nutritious and if you can find them with seeds, even better! Grape seeds provide phenomenal healing benefits. You can chew the seeds up or place the seeded grapes in a high speed blender or a juicer. It will make a sweet, delicious, and powerful antioxidant drink that is easily digested and assimilated. In fact, fresh raw grape juice has been called the “nectar of the gods” due to its high concentration of health promoting properties. And since the skins contain most of the antioxidants and nutrition, you will want to choose Organic whenever possible.



## 5. Papaya

Papaya is one of the most nutrient dense and healing fruits on the planet. It is extremely high in beta carotene, vitamins C & A, and minerals such as calcium, phosphorus, potassium, and iron. It is a phenomenal fruit for helping to heal any type of digestive disorder such as constipation, acid reflux, colitis, pancreatitis, irritable bowel syndrome, ulcers, celiac's disease, H.pylori, diverticulitis, indigestion, bloating, flatulence, and stomach upset. Papaya has a soothing, cleansing effect on the digestive tract and gently removes toxic debris while decreasing swelling and inflammation. Its high nutrient value also provides the body with all the essential vitamins, minerals, antioxidants, protein, and essential fatty acids it needs to rebuild muscles, tissues, bones, and organs. Papaya contains potent anti-viral and anti-inflammatory properties and can provide significant relief for those suffering with joint pain, shingles, chicken pox, arthritis, colds, flu, and autoimmune disorders such as fibromyalgia, chronic fatigue syndrome, lyme disease, lupus, and cardiovascular disease.

Papaya is also an excellent food for the convalescing and can help rebuild the body after a long illness or from being bedridden. If consumed regularly, papaya will greatly improve skin, hair, and nails and keep eye's bright and clear. The black seeds inside the papaya are completely edible and can act as an effective vermicide or worm/parasite remover. The black seeds are peppery and when eaten with the sweet papaya taste like a spicy-hot cinnamon candy. The seeds are an excellent digestive aid and contain more enzymes than a whole bottle of digestive enzyme capsules, plus the fresh seeds have all the nutrients necessary for almost instant assimilation. Ripe papaya is delicious with a fresh squeeze of lime and can also be made into a healing and soothing pudding by simply blending the ripe papaya flesh until smooth. There are two major varieties of papayas on the market today: the big football-size Maradol papayas and the small hand-size solo or strawberry papayas. The large Maradol papaya variety contains the most nutrition and healing properties and are NOT GMO. The smaller varieties are sometimes grown GMO and should be avoided when possible. Maradol papayas can often be found year-round in supermarkets, health food stores, and speciality produce stores.



## 6. Raspberries

Raspberries are one of the top antioxidant fruits and are an essential food for optimum health. Raspberries are rich in vitamins C, A, E, K, and B-complex and minerals such as iron, copper, calcium, and magnesium. They are also high in ellagic acid which is a medicinal compound that helps to prevent cancer as well as benign and malignant growths.

Raspberries have powerful anti-inflammatory, anti-cancer, and anti-aging properties making them particularly beneficial for autoimmune disorders such as arthritis, atherosclerosis, heart disease, scleroderma, chronic fatigue syndrome, fibromyalgia, lupus, and colon, breast, prostate, stomach, and lung cancer. They also contain a compound called raspberry ketone that has been shown to increase the metabolism of fat cells which provides benefits for those trying to lose weight. In addition, raspberry ketones have also been shown to improve insulin balance and blood sugar regulation making it a great food for those who have type 2 diabetes. Raspberries have the ability to cleanse mucus and toxins out of the body and to help balance the endocrine system, reproductive system, and neurological system. They are also excellent for cardiovascular, circulatory, and cognitive health.

Raspberries are an easily digestible and completely assimilable fruit which ensures ultimate absorption of its healing and nutritive properties. Fresh raspberries are a wonderful addition to smoothies, salads, or eaten straight as a snack. Frozen raspberries retain most of their nutrition and are a good substitute when fresh is unavailable. Raspberries can be readily found at your local grocery and health food stores.



## 7. Oranges

Oranges have been called a “perfect food” and contain an amazing array of healing vitamins, minerals, antioxidants, and phytonutrients. They are high in vitamin C, vitamin A, B-complex vitamins, folate, beta carotene, lutein, and minerals such as calcium, magnesium, iron, and potassium. Oranges have been known to help prevent cancer, lower high blood pressure, fight off viral infections, relieve constipation, keep bones and teeth strong, prevent kidney stones and macular degeneration. Oranges are rich in lime and alkaline salts that help to counteract and prevent acidosis in the body. They are also excellent for the digestive tract and help to remove toxic debris from the colon through enhanced peristaltic action.

Oranges contain a significant amount of glutathione which is critical for healthy eye and lung function. Oranges are very good for respiratory problems such as asthma or bronchitis and cardiovascular issues such as hypertension and COPD. Oranges act as an internal antiseptic to the body and have the ability to purify and strengthen all the organs in the body. Oranges contain anti-inflammatory and anti-viral properties which are particularly beneficial for those suffering with a cold or flu or an auto-immune disorder such as shingles, arthritis, IBS, fibromyalgia, chronic fatigue syndrome, and raynaud’s disease. Fresh squeezed orange juice is a predigested food and allows for immediate absorption of all it’s abundant healing properties. However, be aware that orange juice will lose the majority of its vitamin C content within 30 minutes of being squeezed, so for optimum results drink immediately. Whole oranges, peeled or cut in slices, are the best option as the fiber and pith is where so many of the phytonutrients and healing properties are contained. Oranges are an excellent weight loss food due to their high pectin content which also helps to reduce blood cholesterol. Oranges are an ideal “fast food”, easy to transport, delicious to eat, and provide a steady form of energy throughout the day.



## 8. Figs

Figs are a highly prized and nourishing fruit that have been used to treat nearly every known disease since ancient times. They can provide phenomenal amounts of energy and vitality to the body as well as aid in the repair and restoration of the digestive, cardiovascular, lymphatic, reproductive, muscular, immune, and skeletal system. Figs are one of the most alkaline fruits available and are rich in minerals such as calcium, iron, copper, potassium, selenium, and zinc. In fact, figs are one of the highest sources of readily assimilable calcium in the plant world which makes them a great choice to help prevent osteoporosis and their potassium content can help to prevent hypertension as well. Figs have the ability to bind to acids in the body that accumulate as fat globules and flush them from the body making them a good addition to any weight loss program. They also work as an excellent laxative and their high mucin content help to eliminate toxic wastes and mucus from the colon. Similarly, they are also very beneficial for people who suffer from asthma as they can help to drain phlegm from the body.

Figs have the ability to kill off bad bacteria while promoting the buildup of good bacteria such as acidophilus in the bowel. Figs contain chlorogenic acid which can help lower blood sugar levels and control blood glucose levels in Type 2 Diabetes. There are hundreds of varieties of figs, but some of the more common ones found in supermarkets include Black Mission, Kadota, Brown Turkey, and Calimyrna. Fresh figs are a decadent treat when in season, but when fresh figs are not available, try soaking some dried figs in water for a few hours and blend into a sweet and creamy fig pudding or add to a smoothie for a flavor and nutritional boost. Snack on fresh or dried figs for a powerhouse of nutrition and energy that can help your body function optimally all day long.



## 9. Bananas

Bananas are one of the most nutritional and healing fruits readily available today. They are 76% water and are packed with vitamins such as vitamins C and B6 and minerals such as potassium, copper, and manganese. This high water/nutrient ratio makes them a great electrolyte food perfect for busy moms, workout enthusiasts, and people on the go. Bananas are also an excellent “brain food” great for heavy thinkers and are known to help build strong muscles as well as strengthen the nervous system. Bananas contain powerful anti-fungal and antibiotic compounds as well as protease inhibitors which can help stop viruses in their tracts. This makes them highly beneficial for chronic illnesses such as shingles, epstein barr, parkinson’s disease, multiple sclerosis, arthritis, chronic fatigue syndrome, and lupus. Bananas are also particularly good for lowering blood pressure, irritable bowel syndrome, neurological disorders, diarrhea, atherosclerosis, osteoporosis, coronary artery disease, chron’s disease, stroke, and kidney, colon, and lung cancers. Bananas contain high levels of fructooligosaccharides (FOS) which along with insulin helps to promote nutrient absorption and assimilation.

Bananas support the natural acidophilus bacteria in the bowel which helps promote a healthy and functional digestive tract as well as keep the immune system healthy and strong. Bananas can prevent ulcers by strengthening the surface cells of the stomach lining which helps to create a thicker barrier against digestive acid and pepsin-the two main causes of ulcers. Bananas are also an excellent food for athletes as they can help replenish energy and revitalize the body instantly. Bananas are rich in the amino acid tryptophan which can help to promote sleep and regulate the sleep-wake cycle. Bananas can be blended with a little water to make a sweet and creamy “milk” that is both dairy-free and hypo-allergenic. Bananas can also be cut into pieces, frozen and placed into a blender or food processor for amazing dairy-free and fat-free ice creams and “milk” shakes. Bananas should be ripe when eaten which means the peel should be lightly speckled and the fruit has a sweet, creamy taste. Unripe bananas can cause constipation and other adverse reactions. Bananas are a fantastic healing and nourishing food that is a great addition to a healthy diet. They can be readily found at your local grocery and health food stores.

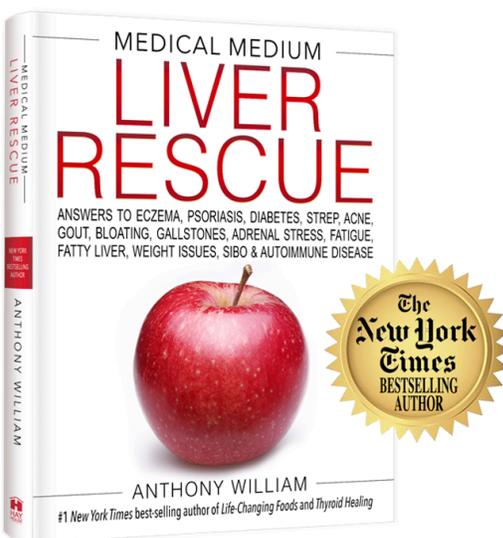
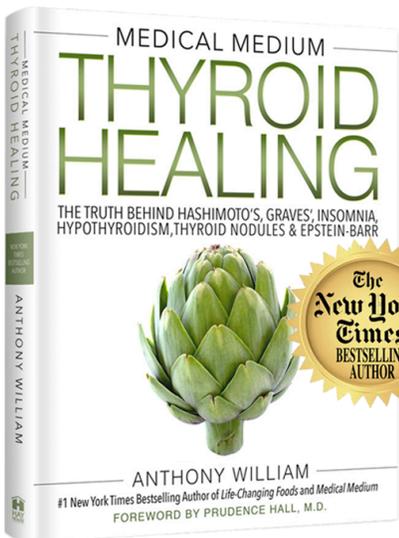
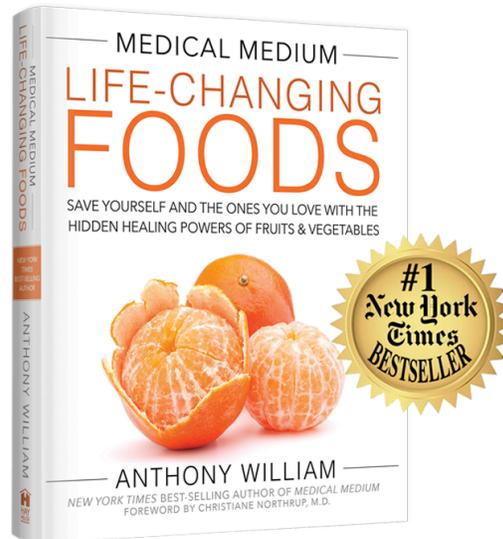
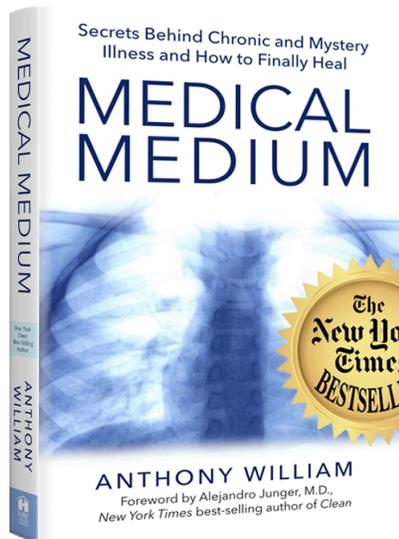


## 10. Pomegranates

Pomegranates are one of the healthiest and most healing fruits available today. They are rich in vitamin C, K, B-complex and minerals such as copper, calcium, and potassium. Pomegranates are an excellent weight loss food and also benefit the body by boosting the immune system, improving circulation, and offering protection from cancer and Alzheimer's disease.

Pomegranates are packed with antioxidants and particularly one called Punicalagin which has been shown to effectively reduce the risks of heart disease by scavenging harmful free radicals from the body. Punicalagin also has potent anti-microbial properties making pomegranates fantastic in warding off bacterial and viral infections. Pomegranates act like a natural aspirin in the body and help to prevent blood clots. Pomegranates are also great for joints and may help to prevent cartilage deterioration making them essential for the prevention of osteoarthritis. Pomegranates contain powerful anti-inflammatory compounds which makes them a highly beneficial food for those with autoimmune disorders such as fibromyalgia, COPD, bursitis, Lyme disease, rheumatoid arthritis, Chronic Fatigue Syndrome, and lupus. Consuming pomegranates or their juice daily has been shown to effectively protect against diabetes, lymphoma, urinary tract infections, and breast, colon, lung, and prostate cancer. Pomegranate juice has also been shown to keep PSA levels stable in men thereby reducing the need for further treatments such as hormone therapy or chemotherapy. Pomegranates have also been shown to help lower LDL (bad) cholesterol and raise HDL (good) cholesterol as well as lowering systolic blood pressure for those who need it. Pomegranate juice is excellent for dental health and has been shown to naturally prevent dental plaque and gum disease. Pomegranate seed oil is an excellent source of essential fatty acids and can be taken internally or applied topically to the skin to help improve skin elasticity, skin tone, and skin conditions such as eczema, psoriasis, and sunburn. It is also excellent for revitalizing hair and protecting it from damage.

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