

MEDICAL MEDIUM® ANTHONY WILLIAM

# TOP 10 WILD FOODS



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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. Dandelion Greens

Dandelion greens are packed with vitamins and minerals such as Vitamin A, C, E, and K, and calcium, iron, zinc, magnesium, and copper. Dandelion greens are also about 14% protein, which is more protein per serving than spinach, Popeye's favorite muscle building food. Dandelion greens are especially beneficial for the liver and aid in flushing out toxins and re-mineralizing the body.

The high beta-carotene and flavonoid content in dandelion greens also benefits the immune system and cardiovascular system. Dandelion greens are also one of the richest sources of plant based Vitamin K which is essential for bone and neurological health and Vitamin A which is vital for eye and skin health.

### **How To Use:**

First make sure they have not been sprayed with any pesticides and wash in cold water before using. The leaves can be dried and later used as a medicinal tea. The yellow flower tops and taproot are edible and nutrient packed and can be added to teas and salads. Try adding a few dandelion leaves to your soup, salad, juice, or smoothie.

They can also be steamed with garlic and ginger and drizzled with a little extra virgin olive oil. Dandelion greens can be found at most health food stores and farmer's markets, but they also can be found in the spring and early summer months in your own backyard.



### 3. Rose Hips

Rose hips from the rugosa rose plant are an exceptional healing fruit that grow abundantly in the wild and in home gardens. They are packed with Vitamin C, E, and K and are used to help prevent and treat infections such as bladder, kidney, respiratory, and sinus infections as well as colds and flus. Rose hips aid in reducing inflammation associated with autoimmune conditions such as arthritis and fibromyalgia. They also ease the digestive tract, provide a laxative effect on the colon, and help to prevent fluid retention and bloating. Rose hips have also been known to prevent dizziness and the effects of vertigo.

Rose hips have an affinity for women's reproductive health aiding in regulating menstrual flow, easing uterine cramps, and preventing breast disorders. They help to purify and nourish the blood and lymphatic system, which aids in preventing stress related illnesses. They are wonderful for strengthening the circulatory, respiratory, and digestive system. Rose hips also support the thymus gland which is a specialized organ that helps your immune system to function optimally.

#### **How To Use:**

Rose hips can be eaten fresh or dried for later use. If you happen to be fortunate enough to have a rugosa rose plant growing near where you live, wait until the rose hips are soft to the touch before harvesting. Avoid the seeds by eating around the center or straining through a sieve. If using dried Rose hips, a delicious tea can be made using one teaspoon of dried rose hips per one cup of water and steeping for 10 minutes. Dried cut and sifted rose hips are also readily available in health food stores in bulk.



## 4. Nettle Leaf

Nettle leaves are a powerful herbal medicine that grow abundantly in the wild. They are rich in chlorophyll and minerals such as iron, chromium, zinc, copper, magnesium, silicon, cobalt, and calcium. Nettles are also high in vitamins A, E, D, C, and K. Nettle tea is a strong immune booster and has the ability to neutralize toxic antigens in the body.

Nettles also contain a potent anti-inflammatory agent which help to curb the action of cytokines, one of the key components to inflammation in the body. Nettle leaves are also very helpful in preventing chronic headaches, sore throats, sinus infections, and fatigue and are beneficial for diabetics as it is known to lower blood sugar levels.

Nettles are known to help relieve bronchial ailments such as chronic coughing, chest congestion, COPD, and TB. Nettles are also powerful enough to help to eliminate viral and bacterial infections and aid in removing excess fluids in the body by acting as a natural diuretic. Nettle leaf can provide relief for digestive issues such as nausea, flatulence, acid reflux, and colitis.

Nettle tea supports the endocrine system including the spleen, thyroid, and pancreas. It is also beneficial in boosting liver and heart health and helps to prevent urinary tract infections as well as bladder and kidney stones. Nettle tea can also help stop frequent nighttime urination.

### **How To Use:**

Nettle Leaf can be juiced, steeped as a tea, or steamed like spinach. As a mouth rinse, cooled nettle tea is excellent for gingivitis and can help prevent plaque buildup on the teeth. Fresh wild nettle can be found growing as weeds in garden beds, in empty lots, meadows, and fields. Nettle can also be found in tea, capsule, tincture, cream, and salve form online or at your local health food store.



## 5. Raspberries & Raspberry Leaf

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 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 type 2 diabetics.

The leaf of the raspberry plant is a rich source of vitamin C, calcium, iron, magnesium, bioflavonoids and antioxidants. Raspberry leaf is excellent for sore throats, canker sores, cold sores, anemia, colds and fevers, diarrhea, leg cramps, menopausal symptoms, adrenal fatigue, stomach ulcers, and as a mouthwash for gingivitis.

Raspberry leaf has been used for centuries as a “reproductive tonic” due to its ability to support both women’s and men’s reproductive health. It has been found to provide relief for women experiencing PMS, cramps, heavy menstrual bleeding, morning sickness and nausea. It can be used just before and during labor to help induce and regulate timing of contractions. Following birth, raspberry leaf tea is often recommended to help stimulate milk flow for breast feeding.

### **How To Use:**

Fresh raspberries are a wonderful addition to smoothies and salads, or eaten straight as a snack. Frozen raspberries retain most of their nutrition and are a good substitute when fresh is unavailable. Raspberry leaf makes a pleasant tasting tea. Simply pour 1 cup of boiling water over 1-2 teaspoons of dried or fresh herb and let steep for 10 minutes or more.



## 6. Purslane

Purslane is a common edible wild food that grows throughout the world and has more recently become a popular cultivated salad green. It contains the highest amount of alpha linoleic acid (which is the precursor to omega-3 fatty acid) and vitamin A out of any of edible plant which makes it one of the most nutrient rich green leafy vegetables.

Purslane also contains CoQ10, glutathione, dopamine, and melatonin which can not only can help regulate your sleep cycle, but also inhibit cancer growth. Purslane is excellent for boosting the immune system, improving vision, sharpening cognitive abilities, and strengthening the cardiovascular system. It is also great for helping to improve the effectiveness of treatment for bipolar disorders, schizophrenia, hyperactivity, depression, autism, ADHD, and Alzheimer's disease.

Purslane is a rich source of vitamins C and B-complex and minerals such as calcium, magnesium, iron, and manganese. Purslane contains a betalin alkaloid that has anti-mutagenic properties that can help to prevent or slow down the growth of tumors in the body. Purslane also contains powerful anti-inflammatory properties and is an ideal food for those suffering with autoimmune disorders such as fibromyalgia, rheumatoid arthritis, chronic fatigue syndrome, COPD, irritable bowel syndrome, and lupus.

Purslane is known to be good for hemorrhoids, diarrhea, dysentery, constipation, and parasites. In ancient Egypt, purslane was used to help prevent and treat heart disease, heart failure, and stroke.

### **How To Use:**

It is a perfect addition to fresh vegetable juice and it also blends well with other herbs and leafy greens in a salad. The whole plant can be steamed, sauteed, or added to soups or stews. Purslane can be often be found at your grocery store or farmer's market alone or in a salad mesclun mix.



## 7. Blackberries

Blackberries are nutritionally packed with vitamins C, E, A, and K, minerals magnesium, potassium, manganese, copper, and antioxidants such as ellagic acid. Blackberries contain powerful anti-carcinogenic agents making them one of the top ORAC fruits available and one of the best fruits to eat to help prevent cancer.

The anthocyanins in blackberries (which give them their dark color) have the ability to significantly reduce inflammation, which benefits autoimmune diseases and cardiovascular diseases. The phytoestrogens in blackberries aid in the prevention of breast and cervical cancer and can relieve estrogen related symptoms such as PMS, bloating, food cravings, and hot flashes.

They also contain salicylic acid which can inhibit atherosclerosis and protect against heart disease similarly to the way aspirin does. Blackberries can help improve eyesight and help prevent macular degeneration. The high vitamin c content in blackberries greatly support the immune system, aids in the ability to fight infection, and provides powerful anti-aging benefits. Blackberries high fiber content promotes healthy digestion and assimilation and aids in maintaining bowel regularity which decreases the risk of colon cancer.

### **How To Use:**

Try making a simple breakfast or dessert of a bowl of blackberries, drizzled with a little raw honey, and a sprinkle of shredded coconut. This delicious and antioxidant packed treat will both energize and nourish your mind and body. Blackberries can also be enjoyed plain, with other berries or fruits, and in salads or smoothies. Blackberries can be readily found at your local grocery and health food stores. You can also grow them in your garden or visit a raspberry farm to pick them.



## 8. Watercress

Watercress is a green leafy vegetable that is very rich in vitamins A, C, K, and beta carotene and minerals such as calcium, magnesium, copper, and potassium. It contains high levels of iodine which is beneficial for both the thyroid and immune system. Watercress also has antibiotic properties similar to those in the onion family which gives it a spicy flavor and kick.

It has the ability to help in breaking up kidney or bladder stones and is one of the best foods for purifying the blood and aiding in removing mucus from the body. Watercress is especially good for helping to prevent osteoporosis, anemia, cardiovascular diseases, muscular and skeletal problems, eye degeneration, and memory issues. Watercress also contains a special compound called Gluconasturtiin which is believed to help prevent colon, breast, and prostate cancers.

### **How To Use:**

Watercress is excellent freshly juiced with celery, cucumber, and apple. It is also delicious in salads, soups, or stews, and can be steamed like spinach. Watercress can also be made into an herbal tea by pouring boiling water over a handful of greens and allowing to steep for 15 minutes or more. Fresh watercress can also be crushed and applied to the skin to help relieve eczema, psoriasis, acne, and other skin irritations and infections. Watercress is typically found in most supermarkets and health food stores near the lettuce in the produce section, or at farmer's markets.



## 9. Elderberries & Elderberry Flower

Elderberries are one of the most effective remedies for viral and bacterial infections such as colds and flu and can substantially shorten the duration of illness. They contain special proteins and bioflavonoids that have the ability to destroy viruses on contact. Elderberries are also known to significantly enhance immune function by boosting the production of cytokines in the body.

Elderberries and elderflower are very beneficial for bronchial and respiratory problems and can help loosen and expel congestion in the lungs. Elderberry juice is known to relieve neurological spasms and tics in the face and body, and alleviate pain of neurological conditions such as sciatica. Sambucol, a type of elderberry extract, has potent antioxidant abilities and has been shown to increase the production of lymphocytes or immune cells which are needed to fight off infection and are particularly beneficial for shingles, hepatitis, HIV, asthma, rheumatoid arthritis, and heart and cardiovascular conditions.

Elderflower tea is a soothing and healing beverage that contains strong anti-viral, anti-bacterial, anti-inflammatory, and immune-boosting properties. Elderflowers are rich in vitamins A, C, and B-complex as well as numerous phytochemicals and antioxidant compounds. It's also very helpful in treating other viral illnesses such as measles, chicken pox, shingles, and Epstein Barr, and has the power to purify the blood and cleanse the lymphatic system.

Elderflower is natural diuretic and can help eliminate water retention, bloating, and edema. Elderflower is also known to be particularly useful in benefiting liver disorders, fungal infections, urinary tract infections, toothaches, gout, headaches, arthritis, and hay fever.

### **How To Use:**

There are several ways one can take elderberries. Dried elderberries or elderflower can be steeped in hot water to make a healing and immune boosting tea for daily preventative use. Add a squeeze of fresh lemon juice and/or a touch of raw honey to increase therapeutic benefits. Elderberry syrup is a popular cold and flu that even children enjoy and take willingly. Elderberry tinctures and capsules are also available. Elderflower tea can also be applied topically to help heal cuts, wounds, and burns, and fade blemishes and freckles.



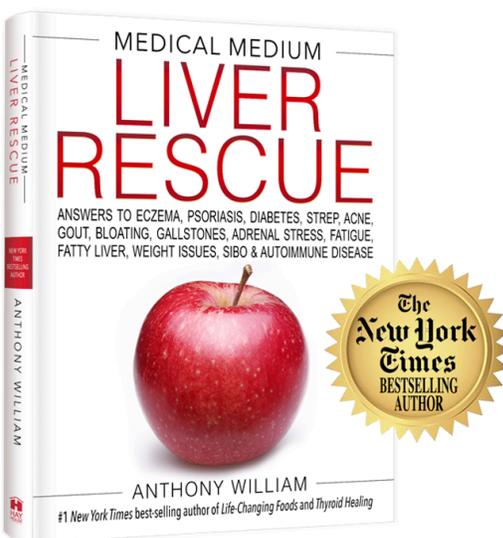
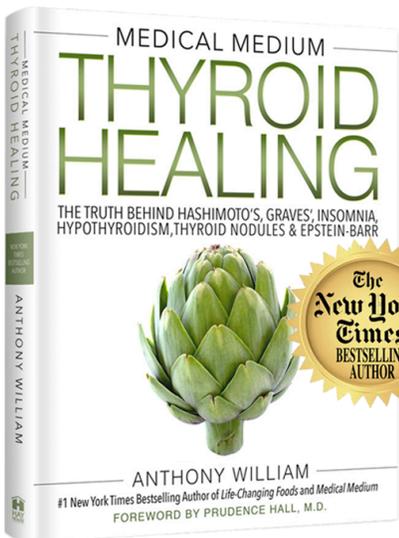
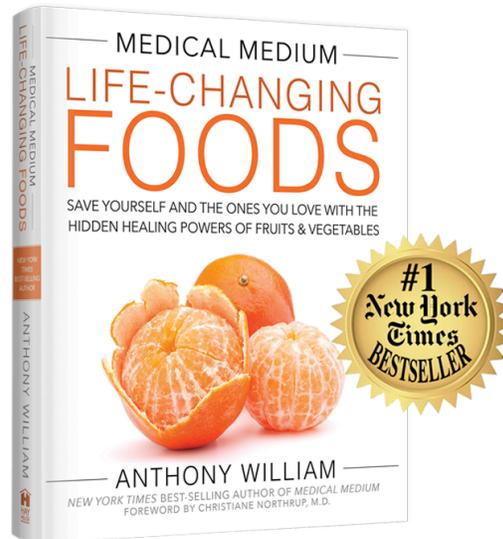
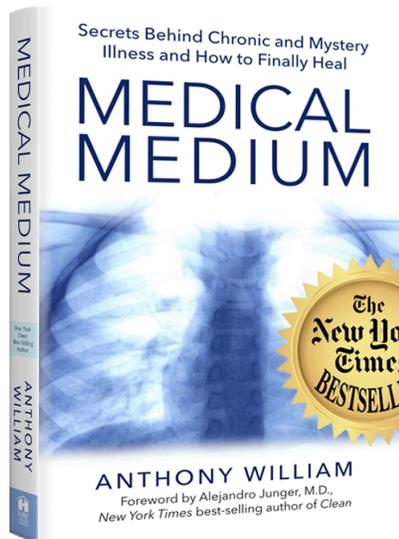
## 10. Chaga

Chaga is an incredibly powerful medicinal mushroom that has phenomenal levels of antioxidants and healing properties. Chaga is rich in Vitamins A, C, B, D, and E and minerals such as manganese, iron, calcium, zinc, and selenium. It also contains potent anti-bacterial, anti-viral, anti-inflammatory, anti-microbial, anti-fungal, anti-candida, and anti-parasite properties. Chaga is one of the best sources of betulinic acid which is known to kill cancer cells on contact. Chaga is therefore often listed as one of the top anti-cancer and anti-tumor foods. Research has shown Chaga to be particularly beneficial for colon, stomach, endometrial, lung, breast, and prostate cancer. Chaga contains the highest level of superoxide dismutase (SOD) in the world which is an enzyme that promotes the breakdown of free radicals and has been shown to be highly effective in the treatment of Parkinson's disease, Alzheimer's, Lou Gehrig's disease, gout, scleroderma, osteoarthritis, and cataracts. Its anti-inflammatory properties makes it ideal for those with IBS, arthritis, colitis, cystitis, tendonitis, edema, asthma, celiac disease, and acne. The wide range of healing benefits found in Chaga makes its one of the most important and essential medicinal foods to be included in one's natural health regime.

### **How To Use:**

Chaga tea can be made by adding 1 teaspoon of Chaga extract powder to 8oz of hot water. It has a rich, earthy coffee-like flavor that can be sweetened with honey, stevia, or coconut sugar if desired. The whole Chaga mushroom can also be dried, then broken up and boiled in water to make a tea. Chaga can be found growing wild in some areas of the world, or you can find it online or at health food stores in powder or extract form.

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [\*Medical Medium\*](#), [\*Life-Changing Foods\*](#), [\*Thyroid Healing\*](#), and [\*Liver Rescue\*](#).



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