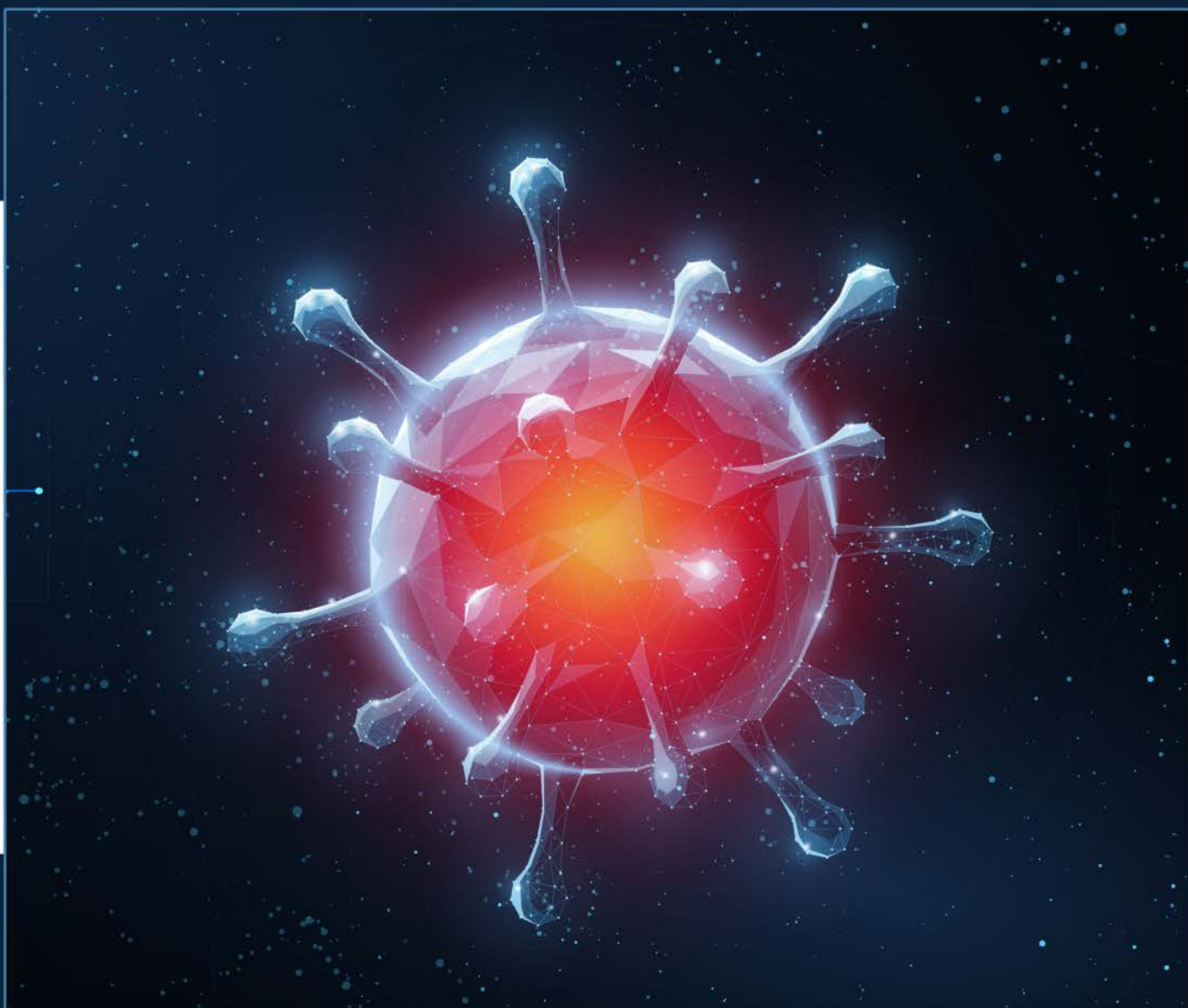
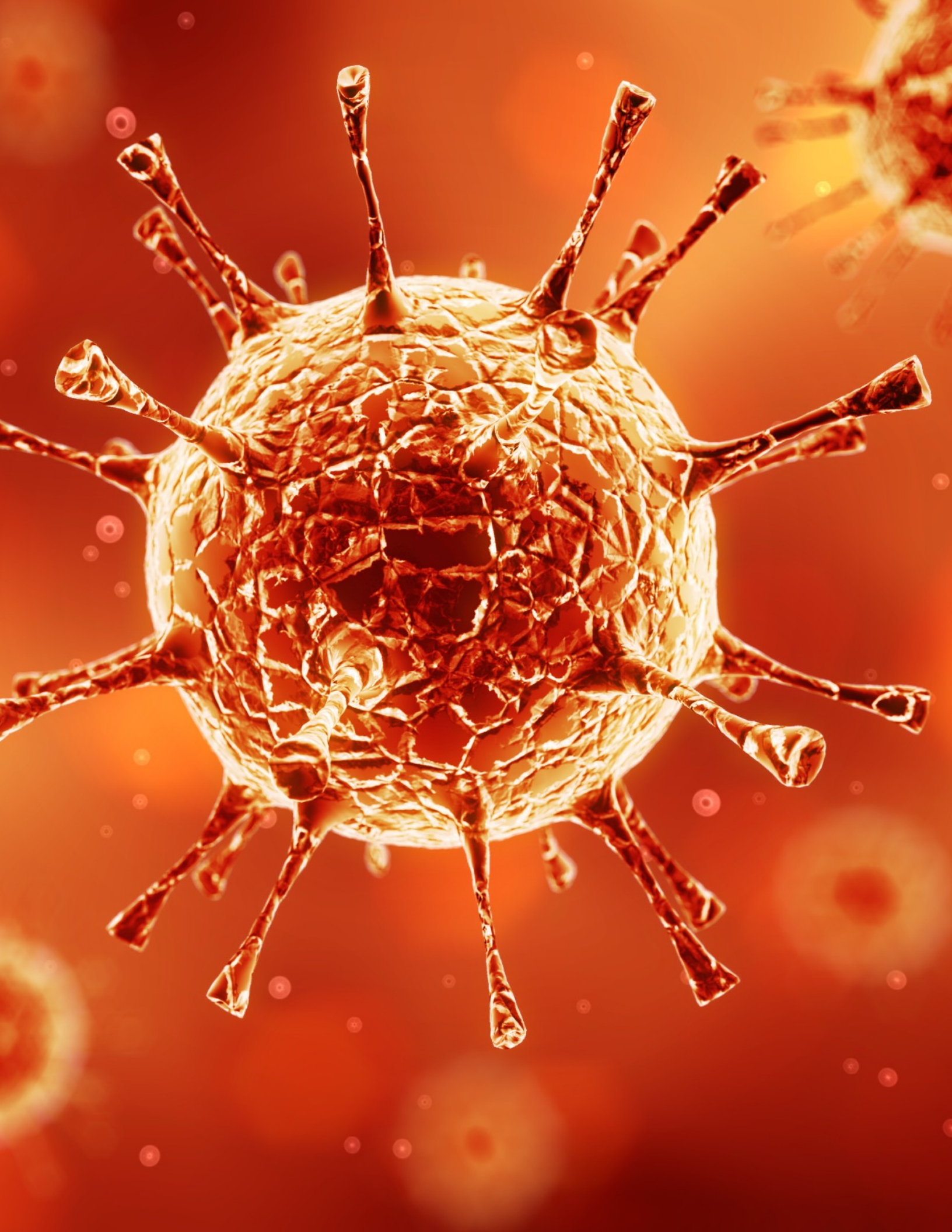


MEDICAL MEDIUM® ANTHONY WILLIAM

# VIRUS PROTECTION



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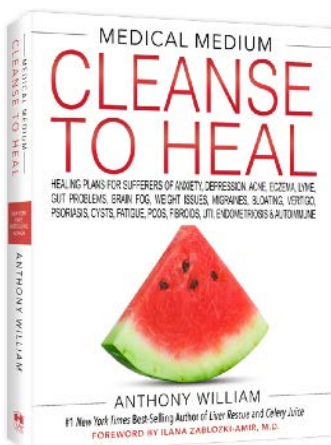
# Virus Protection

## by Medical Medium Anthony William

We are up against all kinds of viruses on this planet. Some of them are known, while others haven't yet been discovered by medical research and science. I have always talked about many of these viruses in all of the Medical Medium book series. No matter what virus you want protection from, all of the Medical Medium healing information can help protect you and your loved ones.

The healing information I am sharing with you below and in all of the Medical Medium book series can help you build up your immune system so you can fight off pathogens and recover more quickly and effectively. We're all exposed to viruses in the flu family, along with viruses such as Epstein-Barr, shingles, and others that cause autoimmune illnesses and many other symptoms and conditions.

This information and the tools I share below are also helpful year-round because we can be exposed at any time through relationships, eating in restaurants, using public bathrooms, and in many other ways I've talked about for decades. People who already struggle with chronic illness are unaware that viruses are most often the cause behind their symptoms and conditions.



For more information on how to cleanse and heal your body, including strengthening your immune system against viruses, check out [Medical Medium Cleanse to Heal: Healing Plans for Sufferers of Anxiety, Depression, Acne, Eczema, Lyme, Gut Problems, Brain Fog, Weight Issues, Migraines, Bloating, Vertigo, Psoriasis, Cysts, Fatigue, PCOS, Fibroids, UTI, Endometriosis & Autoimmune.](#)



# Foods to Remove and Reduce

## Foods to Remove

As I have always said, viruses need food to survive while living inside our bodies; all microorganisms need to eat in order to live. There are certain foods that viruses love to eat which allow them to proliferate and strengthen and consequently weaken your health. This is a truth not yet known by medical research and science.

So the first step to protect yourself against viruses is to stop eating the foods that viruses love to eat. The sooner you stop eating these foods, the sooner viruses already inside your body will weaken—and almost all of us have viruses living inside of us, such as the over 60 undiscovered varieties of Epstein-Barr, over 30 undiscovered varieties of shingles, multiple undiscovered varieties of HHV-6, HHV-7, simplex 1 and 2, cytomegalovirus, and the many undiscovered HHV-10 through HHV-16, which are the causes behind autoimmune and many other symptoms and conditions. Plus, removing these foods from your diet will allow your immune system to strengthen so that if you are exposed to a new virus in the flu family or another virus, you'll be in a better situation to fight it off preemptively.

The number one food viruses like to feed on is eggs. Other foods viruses love to eat include dairy products such as milk, cheese, butter, yogurt, kefir, and other forms of dairy; gluten; and corn. If these foods are in your diet, it becomes very difficult to combat viruses. If you don't want to remove all these foods at once, you can still start protecting yourself more by removing one or two at a time and continuing to remove the rest as you're able or if you become sick.

To read in-depth explanations on exactly why each of these foods are problematic and why it's important to avoid them not only for virus protection and immune system strengthening, but also to help you heal from any chronic health condition or symptom, you can read [Medical Medium Cleanse to Heal](https://www.medicalmedium.com/medical-medium-cleanse-to-heal).



# Reduce Your Fats

Consider lowering your fat consumption in your diet. By removing eggs and dairy from your diet, you will already have begun lowering your fats. Now you can take that a step further by reducing other sources of fat in your diet. Minimize some foods that are high in fat such as peanut butter and other nut butters, oils of any kind, soy, chicken, pork, and other foods that are either naturally high in fat or that have fat added in to them.

When your blood is constantly filling up with fat from the foods you eat, it lowers oxygen levels in your bloodstream. Oxygen is needed in the blood to help reduce viral proliferation. Oxygen is antiviral in nature. This does not mean you have to eliminate all fats from your diet, but it is best to minimize them if possible. If you're looking to understand why this is so important, you may want to read [Medical Medium Cleanse to Heal](#) because I give you a detailed look into how the body processes fats, the ideal amount of fat to eat to take care of your health, and why high fat diets eventually make people symptomatic and weaken their immunity.

It's important to choose the healthiest fats you can, which are avocado, coconut, and nuts and seeds, and to reduce the amount of them you eat so you can protect your health. You can also avoid them before 12pm if possible (I explain why in [Medical Medium Cleanse to Heal](#)). It's important to completely remove unhealthy fat-based foods such as pork, eggs, and dairy.

# Antiviral Supplements

Supplements are an important virus-fighting tool for your immune system. There are thousands of supplements out there but they're not all created equal. There is a directory of supplements on [www.medicalmedium.com](http://www.medicalmedium.com) where I share the highest quality supplements. The highest quality products are those that have the most potent bioavailability, keep out what I call troublemaker additives and preservatives, and give you the best chance of improving your health. I am sharing these products with you because I get hundreds of questions every single day from people all over the globe asking me which supplements are the best.

## Daily Support

Here are some important supplements to support your immune system and protect against viruses that you can consult your physician or practitioner about:

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### Liquid Zinc Sulfate

Zinc feeds the immune system, providing it with one of the most critical trace minerals for the immune system to function optimally. Most everyone is zinc deficient. Zinc is supposed to be our own immune system's number one defense, and because we're deficient, we're in dire need of it. If we don't have enough zinc in the body, our immune system may overreact or underreact to an invader such as a virus. When our immune system is well supplied with an abundant amount of zinc, this overreaction or underreaction rarely takes place.



When an aggressive foreign viral invader enters the body and the person has little to no zinc reserves, an overreaction can occur with both your immune system and the virus. Your white blood cells realize they have to destroy the invader fast, which can be a good thing if there is enough zinc in the body. Zinc makes aggressive viruses docile, slow and lazy, and this allows your immune system to attack the virus and destroy it without a lot of pushback. If there's no zinc, then the viral pushback against your immune system could be aggressive and a war can occur that overwhelms the body. This creates more symptoms and discomfort and the sickness can be prolonged. Research and science is unaware of this role zinc plays when you contract a virus. Zinc also slows down viruses on its own merit. Viruses are allergic to zinc; the mineral repels and weakens them, even making pathogens docile, which allows the immune system to kill off and eliminate the pathogens more quickly. [Liquid Zinc Sulfate](#) is a special form of zinc in how it supports health.



## **B12 with Adenosylcobalamin and Methylcobalamin**

Nearly everyone is deficient in vitamin B12 today. Even if you get a blood test that shows your vitamin B12 levels are normal, that doesn't mean it's usable B12 that's absorbing where it needs to in your body. Your central nervous system, liver, or other organs may still be severely deficient, and a deficiency of the right kind of B12, which is B12 that's a [combination of both methylcobalamin and adenosylcobalamin](#), sets the stage for all kinds of symptoms and conditions to develop or worsen. Lack of B12 is a very real deficiency for people with diets ranging from plant-based diets to animal-based diets and there are real health consequences of this deficiency. The body relies on B12 for tens of thousands of daily functions and when experiencing any kind of illness, your body utilizes the B12 rapidly.



Vitamin B12, as adenosylcobalamin with methylcobalamin, can help protect your entire body from neurotoxin damage from viruses. It also repairs and strengthens the areas of the nervous system and other parts of the body that have been damaged by viruses. This type of B12 also helps strengthen neurotransmitter chemicals in the brain so it can stay strong against viruses. B12 with adenosylcobalamin and methylcobalamin bolsters and protects the brain and central nervous system. This particular type of B12 helps counteract an emotional storm happening in the brain when someone is under stress. B12 also helps to protect and restore brain tissue, especially if someone is dealing with symptoms or conditions that are related to the central nervous system. The right B12 boosts you mentally and emotionally. Lastly, when someone is trying to recover from having a high fever with a flu or flu-like virus, B12 is critical for a faster recovery. Consider taking alcohol-free B12 with [methylcobalamin and adenosylcobalamin](#).

## **Lemon Balm**

Lemon balm is an incredible antiviral herb that fights off all kinds of viruses. Plus, if you do contract a virus that upsets your stomach, lemon balm helps soothe the nerves and linings of the stomach and intestines. Lemon balm offers even more than this; it's a gift from God and Mother Nature to deal with our frazzling world and for stress assistance. When fear and worry is high because of the stressors of life, lemon balm's soothing properties and ability to support the adrenals offer invaluable support. Consider taking [alcohol-free lemon balm](#).



## Cat's Claw

Cat's claw is one of the most powerful antivirals on the planet. Its antiviral compounds are highly complex and pathogens such as viruses cannot become immune to these phytochemical compounds. Cat's claw is one of our best tools against all viruses, sinus infections, sore throats, earaches, urinary tract infections (UTIs), bloating, small intestinal bacterial overgrowth (SIBO), irritable bowel syndrome (IBS), migraines, lung infections, and more. Consider taking [alcohol-free cat's claw](#).



## L-Lysine

L-Lysine hinders and slows down viruses, which is critical because almost everyone has viruses inside their body that are either already causing symptoms or conditions or that will do in the future if not killed off. It's also vital to help ward off new viruses you might pick up. L-Lysine impairs the ability of viral cells to move and reproduce. Consider taking [L-lysine](#). If you're dealing with a chronic symptom or illness, or wanting to ward off a strong virus, taking only 500mg of L-lysine (as is commonly recommended) might not be sufficient. A higher dosage of L-lysine may be necessary. That being said, it is important to discuss the exact dosage you plan on taking with a practitioner so that you can best support your specific health issues. If you aren't struggling with a symptom or condition, but want to help shield yourself from picking up more viruses, taking a smaller dose of lysine can be a protective step. You may also wish to consider the dosages I share in [Cleanse to Heal](#).



## Vitamin C

Vitamin C is an antioxidant that feeds your immune system. On top of which, the viruses that are responsible for symptoms and conditions are highly allergic and sensitive to vitamin C. While protecting your own cells from oxidation, vitamin C has the ability to oxidize a pathogen, causing it to become injured, break down, and disperse. Vitamin C is anti-inflammatory, helps increase our blood's white count by strengthening our neutrophils, lymphocytes, eosinophils, basophils, and macrophages; and generally boosts the immune system against viruses. This makes getting an adequate amount of vitamin C essential if you are battling a chronic illness or symptom. Take Vitamin C daily. [High-quality Micro-C](#) is excellent.



## Spirulina

Spirulina strengthens the immune system and helps stop viral growth. The natural iodine content in spirulina is very effective at acting as an antiseptic against viral cells. Consider taking [high-quality spirulina](#).



## Mullein Leaf

Mullein leaf is a powerful but gentle antiviral that is really helpful for preventing viral infections. Many of us walk around with weakened immune systems compromised by environmental toxins, pathogens, and toxic heavy metals. Mullein leaf helps to reestablish a broken immune system. Our white blood cells utilize mullein leaf's phytochemical compounds to fight viruses and help defend us from pathogens we are exposed to. Consider taking [alcohol-free mullein leaf](#).



## Organic Goldenseal

Goldenseal is great for acute viral infections, such as colds, flus, and other viruses. It helps restore and power up lymphocytes that are responsible for protecting critical areas of our body, such as our ears, nose, throat, and lungs, where the first signs of many viral sicknesses occur. Consider taking [alcohol-free goldenseal](#).



# At First Signs of a Virus or Bug

If you feel like you're coming down with something, consider these Medical Medium Supplement Therapies:

## Medical Medium Zinc Shock Therapy

If you think you're coming down with a bug, you're already sick with the flu or a virus, or you have another kind of infection, you can do the following therapy:

For an adult, squirt 2 dropperfuls of [high-quality liquid zinc sulfate](#) into your throat every three hours. Let it sit for one minute before swallowing.

If the flu or virus isn't making you nauseated and you can palate the zinc, you can do this up to five or six times a day (that is, two squirts of zinc every three hours for a total of 10 to 12 dropperfuls a day) for two days.

If your palate is more sensitive, you're welcome to try a milder Medical Medium Zinc Shock

Therapy: 1 dropperful or even less every three hours up to five times a day or 2 dropperfuls or even less three times a day. In any version of Medical Medium Zinc Shock Therapy, after the two days, bring the zinc dosage down to your daily zinc amount.

I offer children's dosages for Medical Medium Zinc Shock Therapy in [Medical Medium Cleanse to Heal](#).



The infographic features a blue header with white text: "MEDICAL MEDIUM ZINC SHOCK THERAPY". Below this is a yellow box with black text: "AT THE FIRST SIGNS OF A COLD OR FLU, START ZINC SHOCK THERAPY:". To the left of the main text is an illustration of a woman with red hair in a blue shirt, holding a dropper to her throat. To the right, there are three sections: 1) "SQUIRT TWO DROPPERFULS OF LIQUID ZINC SULFATE INTO YOUR THROAT" with an illustration of a brown dropper bottle. 2) "LET THE ZINC SIT IN YOUR THROAT FOR ONE MINUTE, THEN SWALLOW." 3) A green circular refresh icon followed by a blue arrow pointing right containing the word "REPEAT" in white, with "EVERY THREE WAKING HOURS FOR TWO DAYS." below it. At the bottom right, there is a small grey box with the text "@medicalmedium | #medicalmedium".

# Medical Medium Vitamin C Shock Therapy

Starting at the first sign of cold, flu, or a virus, consider starting the Medical Medium Vitamin C Shock Therapy for adults:

Ingredients:

- 2 500-milligram capsules of [Micro-C](#)
- 1 cup of water (preferably warm)
- 2 teaspoons of raw honey
- Freshly squeezed juice from one orange

Directions:

Open the Micro-C capsules and pour their powder into the warm water. Stir until dissolved. Add the raw honey and orange juice and stir well. Starting at the first sign of cold, flu, or virus, drink this tonic every two hours during waking hours. You can do this for two days and then switch to your daily dosage, or you can use this technique throughout the duration of a virus or flu.

If you feel you need more vitamin C per drink, you can add more than 2 capsules of Micro-C to each. If you don't want to use raw honey, you can use 100 percent pure [maple syrup](#) (not maple-flavored syrup) in its place. If you don't like orange, you can substitute the juice of one lemon. I offer children's dosages for Medical Medium Vitamin C Shock Therapy in [Medical Medium Cleanse to Heal](#).





# Antiviral Foods and Recipes

Keep your immune system strong by consuming these foods:

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## Celery Juice

Fresh celery juice contains an undiscovered subgroup of sodium that I call sodium cluster salts. These sodium cluster salts fight off viruses and kill off viral overgrowth as they travel through the small intestine and colon, and even once they're absorbed into the bloodstream and pulled up into the liver through the hepatic portal vein. They're an incredible antiseptic in this way, enhancing your entire body's immune system.

Celery juice also has a unique variety of vitamin C that requires no methylation in the liver for the body to be able to use it. This means that the vitamin C in celery juice can boost the immune system immediately because its in this bioavailable, pre-methylated form.

Drink 16 or more ounces of plain, freshly made celery juice every morning on an empty stomach.

### Ingredients:

- 1 large bunch of celery

### Directions:

Rinse the celery and run it through a [juicer](#). Drink immediately for best results. Alternatively, you can chop the celery and blend it in a high-speed blender until smooth. Strain well and drink immediately.





# Cucumber Juice

Cucumber juice has a cooling effect on the glands and organs, which makes it a wonderful fever reducer for both children and adults when you contract a virus. It's the juicing of the cucumbers that unleashes their magical anti-fever compounds and agents that help calm a fever like water on a fire. Sip on plain, freshly made cucumber juice when you have a fever.

## Ingredients:

- 2 large cucumbers (organic if possible)

## Directions:

Wash the cucumbers and cut as needed. Run the cucumbers through your [juicer](#) and drink immediately for best results. If you do not have a juicer, you can cut the cucumbers, blend them until smooth, and then strain the liquid through a fine mesh strainer, cheesecloth or nut milk bag so you end up with just the juice to drink. For best results, drink on an empty stomach.



# Raw Garlic

Eat one or two cloves of raw garlic daily. Garlic is antiviral and rich in the phytochemical allicin, a sulfur compound that prevents disease.

Garlic is perfect to fight colds, flus, and viruses and gives you a powerful immune boost. Garlic can be juiced with vegetables for a powerful immune boosting drink.

When feeling under the weather or wanting to protect yourself against possible virus contraction, consider eating one to two cloves of raw garlic a day by adding it to juice such as my [Turmeric Ginger Shots](#), [tomato salsa](#), salad dressings, raw soups such as my [Spinach Soup](#), salads, or minced raw on top of potatoes or steamed vegetables.



# Thyme Tea and Water

Thyme is an incredible antiviral food that knocks down the viral load throughout the body, helping to relieve a multitude of symptoms. If taken on a regular basis (ideally daily), it's a fantastic tool for helping to heal from symptoms and conditions caused by viruses.

## Thyme Tea Ingredients:

- 2 or more sprigs of fresh thyme
- 1-2 cups hot water
- optional: fresh lemon &/or raw honey

## Thyme Tea Directions:

Place fresh thyme in a mug and pour hot water over, allow to steep for 15 min or more. Remove thyme springs or strain. Sweeten with raw honey and/or lemon.

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## Thyme Water Ingredients:

- 2 or more bunches fresh thyme sprigs
- 4-8 cups filtered or spring water
- optional: fresh lemon juice, raw honey, berries, cucumber slices, mint, etc.

## Thyme Water Directions:

Fill jug or pitcher with room temperature water and add thyme sprigs. Allow to soak on the kitchen counter overnight. In the morning remove or strain out the thyme sprigs and add fresh lemon juice, raw honey, or any other optional ingredients you'd like. Sip the water throughout the day.



# Ginger Water

Ginger is a powerful antiviral. One of ginger's special qualities is its ability to bring the body out of a reactive state—which can happen easily when a virus or bug is on the scene. Sip this ginger water throughout the day.

## Ingredients:

- 1-2 inches of fresh ginger
- 2 cups water
- 1/2 lemon (optional)
- 2 teaspoons raw honey (optional)

## Directions:

Grate the ginger into 2 cups of water and add the juice of 1/2 lemon. Allow the water to steep for at least 15 minutes and ideally longer. You can even leave it steeping in the fridge overnight. Strain the water. Add lemon and raw honey if desired and enjoy warm or cold throughout the day.

## Tips:

You can use both ginger and thyme in the same water to avoid having to consume two different varieties of water if you wish.

As an alternative to grating the ginger, try chopping it into a few small pieces and squeezing them in a garlic press—it will act like a mini juicer. Be sure to take out the "pulp" from the press afterward, chop it finely, and add it to the water, too.

It can be helpful to prepare a big batch of ginger water in advance to sip as desired. For best results, add the raw honey and lemon just prior to consuming.





# Healing Broth

Healing Broth is a powerful antiviral mineral-rich liquid that carries the essence of vital, immune-supporting, nutritious vegetables, herbs, and spices in a way that is easy for the body to digest, assimilate, and utilize. You will find this recipe as comforting as it is nourishing. The ingredients in this simple recipe help to provide tremendous healing benefits to both the body and soul.

## Ingredients:

- 4 carrots, chopped or 1 sweet potato, cubed
- 2 stalks of celery, roughly chopped
- 2 onions, sliced
- 1 cup parsley, finely chopped
- 1 cup of shiitake mushrooms, fresh or dried (optional)
- 2 tomatoes, chopped (optional)
- 1 bulb of garlic (about 6-8 cloves), minced
- 1 inch of fresh ginger root
- 1 inch of fresh turmeric root
- 8 cups of water
- Optional: Chili peppers or red pepper flakes

## Directions:

Place all the ingredients in a pot and bring to a gentle boil. Turn heat down to low and allow to simmer for about an hour. Strain and sip for a mineral rich, healing, and restorative broth.



# Elderberry Syrup

Elderberry is great as an everyday immune system builder. Elderberry moderates and balances the immune system by helping to rebuild and replenish it throughout the entire body and organs. Elderberries unique phytochemical compounds act as an energizer to weakened immune cells that have been depleted by low-grade pathogen infections. Elderberry tends to weaken incoming viruses that are new to the body. Elderberry Syrup is also sweet and delicious, making it a fantastic remedy that even children will enjoy and take willingly.

## Ingredients:

- 3/4 cup dried elderberries
- 3 cups water
- 3/4 cup raw honey

## Optional Extras:

- 1 cinnamon stick
- 1 whole star anise
- 1/4 tsp whole cloves

## Directions:

Place the dried elderberries and water in a medium-sized saucepan (with optional spices) on the heat. Cook on medium-high for 45 minutes to 1 hour, until thick and reduced by half. Remove and cool completely. Strain the syrup into a bowl, pressing the juice out of the berries with a wooden spoon and discarding the whole spices. Whisk in the raw honey and pour into jars. For health maintenance, enjoy 1 tablespoon per day. For assistance in recovering from a virus, enjoy 1 tablespoon 3 times per day. Makes 1-2 cups.



# Turmeric Ginger Shots

Turmeric works on addressing viral issues throughout the body, acting as an anti-inflammatory as it reduces your viral load. In combination with ginger in this recipe, it's a powerhouse. If you're dealing with congestion, cough, sore throat, cold, flu, virus, and/or sinus problems, try juicing fresh turmeric and ginger together to make a small dose of concentrated serum alone or in this recipe. Periodically throughout the day, take tiny sips. The juice will act as an expectorant and may help speed up the healing process.

## Ingredients:

- 4 inches turmeric
- 4 inches fresh ginger
- 2 oranges
- 4 garlic cloves

## Directions:

One at a time, run each ingredient through the juicer, keeping the juices separate. Combine 1 teaspoon turmeric juice, 1 teaspoon ginger juice, 1/4 teaspoon garlic juice, and 1/4 cup of orange juice in a small glass. Stir to combine and drink immediately.

Note: the amount of ingredients necessary will vary greatly based on the [juicer](#) that is used.



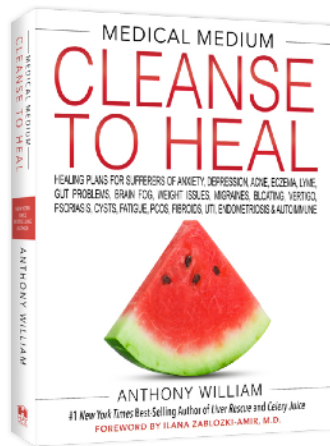
# Antiviral Practices

Along with the right antiviral foods and supplements, the best way to protect yourself from viruses is to take some steps to minimize exposure or kill off anything you are exposed to immediately. This knowledge is meant to empower you so you can take steps to protect yourself and your loved ones. It's critical to have the knowledge that pathogens are easy to contract if we are not careful, especially during these times. Below you will find some of my top tips to protect yourself.

1. Wash your hands regularly, especially right when you come home after going out. Use warm water, be generous on soap, and lather your hands thoroughly.
2. If your hands haven't just been washed, don't touch your face (especially your mouth, ears, eyes, and nose) or eat with your hands. It's extremely helpful to get into a practice of just not touching your face regularly. This includes rubbing your eyes, touching your mouth, scratching your ears, picking your nose, and biting your nails. Keep your fingers away from your face as much as possible. This alone can help you avoid contracting any virus or bug around you.
3. If you can, try to avoid shaking hands or use hand sanitizer or wash your hands well afterwards.
4. Use handi-wipes, hand sanitizers, and gloves to keep your hands clean and kill off anything you do come into contact with.
5. Wear gloves when pumping gas.
6. Wash your hands well after handling cash or credit cards.
7. Wipe down your grocery cart or grocery basket handles with hand sanitizer or handi-wipes. These are often provided in many supermarkets today.

8. Wipe down public door handles, sink taps, toilet handles, and toilet flush buttons/levers with hand sanitizer or handi-wipes, use a paper towel to grab them, or avoid touching them when possible.
9. Where possible, avoid direct contact with public doors and door handles, or grab them with a handi-wipe or paper towel in your hand, or use the outside of your shirt sleeve.
10. Avoid raw or undercooked food at restaurants. Politely request for your meal to be served very hot so that any viruses are killed off before your meal is served to you. The exception to this is if the food comes in a skin such as bananas and oranges. Then you can peel the food and eat the inside with your cutlery.
11. Ask for no ice in drinks at restaurants or coffee shops. Ice is often kept in a place that is open to air, sweat, or other exposures, or people working there may pick up the ice with their hands.
12. When you have packages delivered, leave them to air outside for a day or two when possible. If you need to bring them inside, consider wearing gloves and putting them in your garage or another space that you won't need to use like an entryway closet. If you have to open a package as soon as it arrives, try to wear gloves to handle the package.
13. Don't wear the same clothes all day long if you have left your home. When you come home from being out or at work, change into clean clothes.
14. It's best to shower right after traveling by plane and being in airports.
15. When masks are available, you have the option to use them when entering crowded public places if you desire. You can wear masks on planes and in airports for example.





## Further Healing and Immune Protection Support

For more information on how to protect your health and recover from both acute health problems such as flus and also chronic health symptoms and conditions, you can turn to [Medical Medium Cleanse to Heal](#). Inside the pages, you'll find a wealth of information on how to cleanse and heal your body, deeply strengthen your immune system, and support you in preventing future illnesses and symptoms. It includes a range of cleanse options so you can pick what's best for you—or those under your care—at any moment in time, and also offers you full supplement lists with dosages for almost 200 chronic symptoms and conditions, including for colds and flus and other acute viruses.

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