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MEDICAL MEDIUM

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# 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



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ANTHONY WILLIAM

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#1 *New York Times* Best-Selling Author of *Liver Rescue* and *Celery Juice*

FOREWORD BY ILANA ZABLOZKI-AMIR, M.D.

## Praise for ANTHONY WILLIAM

*“Anthony doesn’t offer gimmicks or fads to finding ultimate health. His recommended foods and cleansing programs are simple and delicious and THEY WORK! If you’re done living with pain, fatigue, brain fog, intestinal disorders, and a myriad of other nasty ailments, drop everything and read this (and his other) books. He will quickly bring health and hope back into your life.”*

— Hilary Swank, Oscar-winning actress

*“Celery juice is sweeping the globe. It’s impressive how Anthony has created this movement and restored superior health in countless people around the world.”*

— Sylvester Stallone

*“Anthony’s understanding of foods, their vibrations, and how they interact with the body never ceases to amaze. Effortlessly he explains the potential harmony or disharmony in our choices in a way anyone can understand. He has a gift. Do your body a favor and treat yourself.”*

— Pharrell Williams, 13-time Grammy-winning artist and producer

*“I’ve been drinking celery juice every morning for the last six months and feel great! I’ve noticed a huge difference in my energy levels and digestive system. I even travel now with my juicer so I don’t miss out on my daily celery juice!”*

— Miranda Kerr, international supermodel, founder and CEO of KORA Organics

*“Anthony has turned numerous lives around for the better with the healing powers of celery juice.”*

— Novak Djokovic, #1-ranked tennis champion in the world

*“All great gifts are bestowed with humility. Anthony is humble. And like all the right remedies, his are intuitive, natural and balanced. These two make for a powerful and effective combination.”*

— John Donovan, CEO of AT&T Communications

*“Anthony is a trusted source for our family. His work in the world is a light that has guided many to safety. He means so much to us.”*

— Robert De Niro and Grace Hightower De Niro

*“While there is most definitely an element of otherworldly mystery to the work he does, much of what Anthony William shines a spotlight on—particularly around autoimmune disease—feels inherently right and true. What’s better is that the protocols he recommends are natural, accessible, and easy to do.”*

— Gwyneth Paltrow, Oscar-winning actress, #1 *New York Times* best-selling author, founder and CEO of [GOOP.com](https://www.goop.com)

*“Anthony William is truly dedicated to sharing his knowledge and experience to spread the word of healing to all. His compassion and desire to reach as many people as he can to help them heal themselves is inspiring and empowering. Today, in a world of obsession with prescription medication, it is so refreshing to know that there are alternative options that truly work and can open a new door to health.”*

— Liv Tyler, star of *9-1-1: Lone Star*, *Harlots*, the *Lord of the Rings* trilogy, *Empire Records*

*“Anthony’s knowledge on the food we consume, the impact it has on our body, and our overall well-being has been a game changer for me!”*

— Jenna Dewan, star of *Soundtrack*, *World of Dance*, *Step Up*

*“Anthony is a wonderful person. He identified some long-term health issues for me, he knew what supplements I needed, and I felt better immediately.”*

— Rashida Jones, Grammy-winning director of *Quincy*, producer and star of *Angie Tribeca*, star of *Parks and Recreation* and *The Office*

*“Resonance is a powerful thing in life, as is self-empowerment. Wonderfully enough, Anthony William, his books, and his CELERY JUICE call-to-action have hit both of those notes with me. The reinforcement from Anthony that our bodies are capable of incredible healing and resilience is a much-needed message. Too often, I want quick fixes that ultimately lead to more problems. Real nutrition is the best medicine, and Anthony inspires us all to fuel our body, mind, and spirit with nature’s bounty; it’s powerful medicine straight from the Source.”*

— Kerri Walsh Jennings, 3-time gold medal-winning and 1-time bronze medal-winning Olympic volleyball player

*“Anthony is a magician for all my label’s recording artists, and if he were a record album, he would far surpass Thriller. His ability is nothing short of profound, remarkable, extraordinary, and mind-blowing. He is a luminary whose books are filled with prophecies. This is the future of medicine.”*

— Craig Kallman, Chairman and CEO, Atlantic Records

*“I refer to Anthony William’s books constantly for the most insightful wisdom and recipes to restore energy and good health. Interested in the unique and powerful qualities of each food he describes, I’m inspired to consider how I can enhance the ritual of cooking and eating for the sake of wellness each day.”*

— Alexis Bledel, Emmy-winning star of *The Handmaid’s Tale*, *Gilmore Girls*, *Sisterhood of the Traveling Pants*

*“Anthony’s books are revolutionary yet practical. For anybody frustrated by the current limits of Western medicine, this is definitely worth your time and consideration.”*

— James Van Der Beek, creator, executive producer, and star of *What Would Diplo Do?* and star of *Pose* and *Dawson’s Creek*, and Kimberly Van Der Beek, public speaker and activist

*“Anthony is a great man. His knowledge is fascinating and has been very helpful for me. The celery juice alone is a game changer!”*

— Calvin Harris, producer, DJ, and Grammy-winning artist

*“I am so grateful to Anthony. After introducing his celery juice protocol into my daily routine, I have seen a marked improvement in every aspect of my health.”*

— Debra Messing, Emmy-winning star of *Will & Grace*

*“My family and friends have been the recipients of Anthony’s inspired gift of healing, and we’ve benefited more than I can express with rejuvenated physical and mental health.”*

— Scott Bakula, producer and star of *NCIS: New Orleans*; Golden Globe-winning star of *Quantum Leap* and *Star Trek: Enterprise*

*“Anthony has dedicated his life to helping others find the answers that we need to live our healthiest lives. And celery juice is the most accessible way to start!”*

— Courteney Cox, star of *Cougar Town* and *Friends*

*“Anthony is not only a warm, compassionate healer; he is also authentic and accurate, with God-given skills. He has been a total blessing in my life.”*

— Naomi Campbell, model, actress, activist

*“Anthony’s extensive knowledge and deep intuition have demystified even the most confounding health issues. He has provided a clear path for me to feel my very best—I find his guidance indispensable.”*

— Taylor Schilling, star of *Orange Is the New Black*

*“We are incredibly grateful for Anthony and his passionate dedication to spreading the word about healing through food. Anthony has a truly special gift. His practices have entirely reshaped our perspectives about food and ultimately our lifestyle. Celery juice alone has completely transformed the way we feel and it will always be a part of our morning routine.”*

— Hunter Mahan, 6-time PGA Tour-winning golfer

*“Anthony William is changing and saving the lives of people all over the world with his one-of-a-kind gift. His constant dedication and vast amount*

*of highly advanced information have broken the barriers that block so many in the world from receiving desperately needed truths that science and research have not yet discovered. On a personal level, he has helped both my daughters and me, giving us tools to support our health that actually work. Celery juice is now a part of our regular routine!”*

— Lisa Rinna, star of *The Real Housewives of Beverly Hills* and *Days of Our Lives*, *New York Times* best-selling author, designer of the Lisa Rinna Collection

*“Anthony is a truly generous person with keen intuition and knowledge about health. I have seen firsthand the transformation he’s made in people’s quality of life.”*

— Carla Gugino, star of *Jett*, *The Haunting of Hill House*, *Watchmen*, *Entourage*, *Spy Kids*

*“I’ve been following Anthony for a while now and am always floored (but not surprised) at the success stories from people following his protocols . . . I have been on my own path of healing for many years, jumping from doctor to doctor and specialist to specialist. He’s the real deal and I trust him and his vast knowledge of how the thyroid works and the true effects food has on our body. I have directed countless friends, family, and followers to Anthony because I truly believe he possesses knowledge that no doctor out there has. I am a believer and on a true path to healing now and am honored to know him and blessed to know his work. Every endocrinologist needs to read his book on the thyroid!”*

— Marcela Valladolid, chef, author, television host

*“What if someone could simply touch you and tell you what it is that ails you? Welcome to the healing hands of Anthony William—a modern-day alchemist who very well may hold the key to longevity. His lifesaving advice blew into my world like a healing hurricane, and he has left a path of love and light in his wake. He is hands down the ninth wonder of the world.”*

— Lisa Gregorisch-Dempsey, *Extra* Senior Executive Producer

*“Anthony William’s God-given gift for healing is nothing short of miraculous.”*

— David James Elliott, *Spinning Out, Trumbo, Mad Men, CSI: NY*; star for ten years of *JAG*

*“I am a doctor’s daughter who has always relied on Western medicine to ameliorate even the smallest of woes. Anthony’s insights opened my eyes to the healing benefits of food and how a more holistic approach to health can change your life.”*

— Jenny Mollen, actress and *New York Times* best-selling author of *I Like You Just the Way I Am*

*“Anthony William is a gift to humanity. His incredible work has helped millions of people heal when conventional medicine had no answers for them. His genuine passion and commitment for helping people is unsurpassed, and I am grateful to have been able to share a small part of his powerful message in *Heal*.”*

— Kelly Noonan Gores, writer, director, and producer of the *Heal* documentary

*“Anthony William is one of those rare individuals who uses his gifts to help people rise up to meet their full potential by becoming their own best health advocates . . . I witnessed Anthony’s greatness in action firsthand when I attended one of his thrilling live events. I equate how spot-on his readings were with a singer hitting all the high notes. But beyond the high notes, Anthony’s truly compassionate soul is what left the audience captivated. Anthony William is someone I am now proud to call a friend, and I can tell you that the person you hear on the podcasts and whose words fill the pages of best-selling books is the same person who reaches out to loved ones simply to lend support. This is not an act! Anthony William is the real deal, and the gravity of the information he shares through *Spirit* is priceless and empowering and much needed in this day and age!”*

— Debbie Gibson, Broadway star, iconic singer-songwriter

*“I had the pleasure of working with Anthony William when he came to Los Angeles and shared his story on *Extra*. What a fascinating interview as he left the audience wanting to hear more . . . people went crazy for him! His warm personality and big heart are obvious. Anthony has dedicated his life*

*to helping people through the knowledge he receives from Spirit, and he shares all of that information through his Medical Medium books, which are life changing. Anthony William is one of a kind!”*

— Sharon Levin, *Extra Senior Producer*

*“Anthony William has a remarkable gift! I will always be grateful to him for discovering an underlying cause of several health issues that had bothered me for years. With his kind support, I see improvements every day. I think he is a fabulous resource!”*

— Morgan Fairchild, actress, author, speaker

*“Within the first three minutes of speaking with me, Anthony precisely identified my medical issue! This healer really knows what he’s talking about. Anthony’s abilities as the Medical Medium are unique and fascinating.”*

— Alejandro Junger, M.D., *New York Times* best-selling author of *Clean, Clean Eats, Clean Gut*, and *Clean 7* and founder of the acclaimed Clean Program

*“Anthony’s gift has made him a conduit for information that is light-years ahead of where science is today.”*

— Christiane Northrup, M.D., *New York Times* best-selling author of *Goddesses Never Age, The Wisdom of Menopause*, and *Women’s Bodies, Women’s Wisdom*

*“Since reading Medical Medium Thyroid Healing, I have expanded my approach and treatments of thyroid disease and am seeing enormous value for patients. The results are rewarding and gratifying.”*

— Prudence Hall, M.D., founder and medical director of The Hall Center

*“How very much we have been moved and benefited from the discovery of Anthony and the Compassion Spirit, who can reach us with healing wisdom through Anthony’s sensitive genius and caring mediumship. His book is truly ‘wisdom of the future,’ so already now, miraculously, we have the clear, accurate explanation of the many mysterious illnesses that the ancient Buddhist medical texts predicted would afflict us in this era when over-*

*clever people have tampered with the elements of life in the pursuit of profit.”*

— Robert Thurman, Jey Tsong Khapa Professor of Indo-Tibetan Buddhist Studies, Columbia University; President, Tibet House US; best-selling author of *Love Your Enemies* and *Inner Revolution*; host of *Bob Thurman Podcast*

*“Anthony William is the gifted Medical Medium who has very real and not-so-radical solutions to the mysterious conditions that affect us all in our modern world. I am beyond thrilled to know him personally and count him as a most valuable resource for my health protocols and those for my entire family.”*

— Annabeth Gish, *The Haunting of Hill House*, *The X-Files*, *The West Wing*, *Mystic Pizza*

*“Anthony William has devoted his life to helping people with information that has truly made a substantial difference in the lives of many.”*

— Amanda de Cadenet, founder and CEO of The Conversation and the Girlgaze Project; author of *It’s Messy* and *#girlgaze*

*“I love Anthony William! My daughters Sophia and Laura gave me his book for my birthday, and I couldn’t put it down. The Medical Medium has helped me connect all the dots on my quest to achieve optimal health. Through Anthony’s work, I realized the residual Epstein-Barr left over from a childhood illness was sabotaging my health years later. Medical Medium has transformed my life.”*

— Catherine Bach, *The Young and the Restless*, *The Dukes of Hazzard*

*“My recovery from a traumatic spinal crisis several years ago had been steady, but I was still experiencing muscle weakness, a tapped-out nervous system, as well as extra weight. A dear friend called me one evening and strongly recommended I read the book Medical Medium by Anthony William. So much of the information in the book resonated with me that I began incorporating some of the ideas, then I sought and was lucky enough to get a consultation. The reading was so spot-on, it has taken my healing to an unimagined, deeper, and richer level of health. My weight has dropped*

*healthily, I can enjoy bike riding and yoga, I'm back in the gym, I have steady energy, and I sleep deeply. Every morning when following my protocols, I smile and say, 'Whoa, Anthony William! I thank you for your restorative gift . . . Yes!'"*

— Robert Wisdom, *Ballers, The Alienist, Rosewood, Nashville, The Wire, Ray*

*"In this world of confusion, with constant noise in the health and wellness field, I rely on Anthony's profound authenticity. His miraculous, true gift rises above it all to a place of clarity."*

— Patti Stanger, host of *Million Dollar Matchmaker*

*"I rely on Anthony William for my and my family's health. Even when doctors are stumped, Anthony always knows what the problem is and the pathway for healing."*

— Chelsea Field, *NCIS: New Orleans, Secrets and Lies, Without a Trace, The Last Boy Scout*

*"Anthony William brings a dimension to medicine that deeply expands our understanding of the body and of ourselves. His work is part of a new frontier in healing, delivered with compassion and with love."*

— Marianne Williamson, #1 *New York Times* best-selling author of *Healing the Soul of America, The Age of Miracles, and A Return to Love*

*"Anthony William is a generous and compassionate guide. He has devoted his life to supporting people on their healing path."*

— Gabrielle Bernstein, #1 *New York Times* best-selling author of *The Universe Has Your Back, Judgment Detox, and Miracles Now*

*"Information that WORKS. That's what I think of when I think of Anthony William and his profound contributions to the world. Nothing made this fact so clear to me as seeing him work with an old friend who had been struggling for years with illness, brain fog, and fatigue. She had been to countless doctors and healers and had gone through multiple protocols. Nothing worked. Until Anthony talked to her, that is . . . from there, the*