

— MEDICAL MEDIUM —

LIVER RESCUE

ANSWERS TO ECZEMA, PSORIASIS, DIABETES, STREP, ACNE,
GOUT, BLOATING, GALLSTONES, ADRENAL STRESS, FATIGUE,
FATTY LIVER, WEIGHT ISSUES, SIBO & AUTOIMMUNE DISEASE



— ANTHONY WILLIAM —

#1 *NEW YORK TIMES* BEST-SELLING AUTHOR OF *LIFE-CHANGING FOODS* AND *THYROID HEALING*

FOREWORD BY CHRISTIANE NORTHRUP, M.D.

Praise for ANTHONY WILLIAM

“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, 11-time Grammy-winning artist and producer

“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 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

“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

“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 World of Dance and Step Up

“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

“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

“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; star of Star Trek: Enterprise and Quantum Leap

“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, producer and star of Angie Tribeca; executive producer of Claws; star of Tag, Parks and Recreation, and The Office

“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 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 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

“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

“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

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

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

“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

“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*, and *Clean Gut* 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 X-Files*, *Halt and Catch Fire*, *Scandal*, *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, *The Alienist*, *Flaked*, *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 results were astounding. I highly recommend his books, lectures, and consultations. Don’t miss this healing opportunity!”

— Nick Ortner, New York Times best-selling author of *The Tapping Solution for Manifesting Your Greatest Self and The Tapping*

Solution

“Esoteric talent is only a complete gift when it’s shared with moral integrity and love. Anthony William is a divine combination of healing, giftedness, and ethics. He’s a real-deal healer who does his homework and shares it in true service to the world.”

— Danielle LaPorte, best-selling author of *White Hot Truth* and *The Desire Map*

“Anthony is a seer and a wellness sage. His gift is remarkable. With his guidance I’ve been able to pinpoint and address a health issue that’s been plaguing me for years.”

— Kris Carr, New York Times best-selling author of *Crazy Sexy Juice*, *Crazy Sexy Kitchen*, and *Crazy Sexy Diet*

“Twelve hours after receiving a heaping dose of self-confidence masterfully administered by Anthony, the persistent ringing in my ears of the last year . . . began to falter. I am astounded, grateful, and happy for the insights offered on moving forward.”

— Mike Dooley, New York Times best-selling author of *Infinite Possibilities* and scribe of *Notes from the Universe*

“Whenever Anthony William recommends a natural way of improving your health, it works. I’ve seen this with my daughter, and the improvement was impressive. His approach of using natural ingredients is a more effective way of healing.”

— Martin D. Shafiroff, financial advisor, past recipient of #1 Broker in America ranking by WealthManagement.com and #1 Wealth Advisor ranking by Barron’s

“Anthony William’s invaluable advice on preventing and combating disease is years ahead of what’s available anywhere else.”

— Richard Sollazzo, M.D., New York board-certified oncologist, hematologist, nutritionist, and anti-aging expert and author of *Balance Your Health*

“Anthony William is the Edgar Cayce of our time, reading the body

with outstanding precision and insight. Anthony identifies the underlying causes of diseases that often baffle the most astute conventional and alternative health-care practitioners. Anthony's practical and profound advice makes him one of the most powerfully effective healers of the 21st century."

— Ann Louise Gittleman, New York Times best-selling author of over 30 books on health and healing and creator of the highly popular Fat Flush detox and diet plan

"As a Hollywood businesswoman, I know value. Some of Anthony's clients spent over \$1 million seeking help for their 'mystery illness' until they finally discovered him."

— Nanci Chambers, co-star of JAG; Hollywood producer and entrepreneur

"I had a health reading from Anthony, and he accurately told me things about my body only known to me. This kind, sweet, hilarious, self-effacing, and generous man—also so 'otherworldly' and so extraordinarily gifted, with an ability that defies how we see the world—has shocked even me, a medium! He is truly our modern-day Edgar Cayce, and we are immensely blessed that he is with us. Anthony William proves that we are more than we know."

— Colette Baron-Reid, best-selling author of Uncharted and TV host of Messages from Spirit

"Any quantum physicist will tell you there are things at play in the universe we can't yet understand. I truly believe Anthony has a handle on them. He has an amazing gift for intuitively tapping into the most effective methods for healing."

— Caroline Leavitt, New York Times best-selling author of The Kids' Family Tree Book, Cruel Beautiful World, Is This Tomorrow, and Pictures of You

MEDICAL MEDIUM

LIVER
RESCUE

ALSO BY ANTHONY WILLIAM

Medical Medium: Secrets behind Chronic and Mystery Illness and
How to Finally Heal

Medical Medium Life-Changing Foods: Save Yourself and the Ones
You Love with the Hidden Healing Powers of Fruits & Vegetables

Medical Medium Thyroid Healing: The Truth behind Hashimoto's,
Graves', Insomnia, Hypothyroidism, Thyroid Nodules & Epstein-
Barr

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WEIGHT ISSUES, SIBO & AUTOIMMUNE DISEASE

————— ANTHONY WILLIAM —————



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For the Medical Medium communities who wake up every morning to spread Spirit's message with compassion in their hearts and life-giving light in their hands.

For all the doctors and practitioners—past, present, and future—who dedicate their lives to seeking out healing truth for their beloved patients.

And for Mom and Dad, who brought me into this world.

CONTENTS

Foreword

A Note for You

PART I: Your Liver's True Calling: Miracle Peacekeeper

Chapter 1: What Your Liver Does for You

Chapter 2: Your Adaptogenic Liver: Processing Fat and Protecting the Pancreas

Chapter 3: Your Life-Giving Liver: Glucose and Glycogen Storage

Chapter 4: Your Medicinal Liver: Vitamin and Mineral Storage

Chapter 5: Your Protective Liver: Disarming and Detaining Harmful Materials

Chapter 6: Your Purifying Liver: Screening and Filtering Blood

Chapter 7: Your Heroic Liver: The Liver's Immune System

PART II: The Unseen Storm: What's Happening inside Our Livers

Chapter 8: Sluggish Liver

Chapter 9: Liver Enzyme Guess Tests

Chapter 10: Dirty Blood Syndrome

Chapter 11: Fatty Liver

Chapter 12: Weight Gain

Chapter 13: Mystery Hunger

Chapter 14: Aging

PART III: The Call to Battle: More Symptoms & Conditions Enlightened

- Chapter 15: Diabetes and Blood Sugar Imbalance
- Chapter 16: Mystery High Blood Pressure
- Chapter 17: Mystery High Cholesterol
- Chapter 18: Mystery Heart Palpitations
- Chapter 19: Adrenal Problems
- Chapter 20: Chemical and Food Sensitivities
- Chapter 21: Methylation Problems
- Chapter 22: Eczema and Psoriasis
- Chapter 23: Acne
- Chapter 24: SIBO
- Chapter 25: Bloating, Constipation, and IBS
- Chapter 26: Brain Fog
- Chapter 27: Emotional Liver: Mood Struggles and SAD
- Chapter 28: PANDAS, Jaundice, and Baby Liver
- Chapter 29: Autoimmune Liver and Hepatitis
- Chapter 30: Cirrhosis and Liver Scar Tissue
- Chapter 31: Liver Cancer
- Chapter 32: Gallbladder Sickness

PART IV: Liver Salvation: How to Care for Your Liver and Transform Your Life

- Chapter 33: Peace within Your Body
- Chapter 34: Liver Myths Debunked
- Chapter 35: The High-Fat Trend
- Chapter 36: Liver Troublemakers
- Chapter 37: Powerful Foods, Herbs, and Supplements for Your
Liver
- Chapter 38: Liver Rescue 3:6:9
- Chapter 39: Liver Rescue Recipes
- Chapter 40: Liver Rescue Meditations

Chapter 41: The Storm Will Pass: Peace Be with You

Index

Acknowledgments

About the Author

E-book Supplemental Material

FOREWORD

Every time I read one of Anthony William's books or listen to one of his radio shows, I learn something new. Something that rings true that they don't yet teach in medical school. Not only that, I actually apply a great deal of what I've learned to my own life. An example is a smoothie from his first book, *Medical Medium*. In that book, Anthony gives recipes for breakfast smoothies that you can begin each day with as part of his 28-Day Healing Cleanse—something I followed several years ago. My variation of one particular recipe has become a “go to” staple for me, my granddaughter, and many of my friends. It never fails to elicit rave reviews. And now—after reading *Liver Rescue*—I am happier than ever that I enjoy this elixir regularly. Not only does it hydrate my tissues optimally, it also helps detox my liver each time I drink it.

I won't keep you in suspense. Here it is: 2 to 3 organic bananas, 1½ to 2 cups frozen wild Maine blueberries (I buy these in bulk and keep them handy), a scoop of organic frozen cherries. Then I add water to get the desired consistency (usually 2 to 3 cups) and liquefy it in a blender. This ends up making 2 large servings or 4 small ones. If I don't have guests, I pour the unused portion into a glass Mason jar and keep it for later.

Anthony's book *Medical Medium Life-Changing Foods* was, as the title says, life changing for me, just like his first book. From this beautiful resource, I learned all about the incredible energy, healing information, and spiritual lessons contained in all fruits and vegetables. This knowledge has made eating even the lowly potato (which represents grounding and humility) a far more enjoyable experience. I no longer mindlessly consume food. I now enter into a grateful relationship with it. (Not always, of course, but far more

than I used to.)

And now, through reading *Medical Medium Liver Rescue*, I have more respect for my liver—and everyone else's—than I ever did before. As a medical doctor, my introduction to liver function was pretty much limited to newborn jaundice and cirrhosis of the liver in the many alcoholics I cared for as a young intern. I also witnessed the deadly effects on the liver of the first experimental bypass surgeries back in the 1970s. Many of those patients died of complications that included liver failure. Obviously bypass surgery has come a long way since that time.

But here's the thing. Medical science still doesn't appreciate what the liver actually does on a day-to-day basis—long before anything like elevated liver enzymes, fatty liver, or cirrhosis appears. When I wrote the first edition of *The Wisdom of Menopause* back in 2001, I knew full well that menopause, in and of itself, was not to blame for all the many symptoms that women began to experience at midlife, such as insomnia, hot flashes, and irritability. Indeed, *Medical Medium Liver Rescue* points out that, in large part, these symptoms arise from a beleaguered liver—not because a woman has reached a certain age and is now destined to deteriorate, but instead, because our lifestyles have compromised our liver function.

As Anthony points out, the liver offers us two levels of protection against environmental toxins of all kinds: disarmament and detainment. But these functions don't last forever if we continue to ignore our liver function. Anthony elaborates on a phenomenon that I have observed repeatedly over the years. When a woman is, on average, age 38 and a man, on average, 48, these abilities of the liver start to wane and symptoms such as weight gain and hot flashes start—including what we label "aging." For most people, by this time, liver detox capacity has fallen to 60 percent of what it could be. Basically the liver is saying, "I've taken care of you for decades and I can't keep this up unless you change something."

Sobering, isn't it? (And what a great word to use, given alcohol's effect on liver health.)

Here's what you need to know. The liver's job is screening and filtering. It separates the beneficial from the toxic. It cleans the blood that goes from the liver directly to the heart. It is the ultimate

blood purifier. It also protects you by sequestering solvents, pesticides, and viruses deep in its core, where they stay out of your blood stream.

When the liver lets go of toxins, they can go to three places. One—they go to the colon via bile and the gallbladder and are eliminated in feces. Two—they go to the kidneys, where toxins are eliminated through urine. And finally, three—they are eliminated in the bloodstream as free radicals (but this is a last resort).

Now listen up. Everyone needs to know this part. We are living in a time when more people than ever are being diagnosed with atrial fibrillation, heart palpitations, and other heart problems. In fact, heart disease of all kinds is the number one killer of both women and men. Here's a large part of the reason, in Anthony's words, which you'll read later on in this book:

When your liver gets to the point of being unable to process all the unproductive material running through it, more free radical debris and toxic matter (and less toxic matter the liver didn't bury in its core) will be in the bloodstream, forcing the heart to pump harder to pull the blood up from the liver—like sucking pudding through a straw—resulting in high blood pressure. If your liver is clogged to the point where biofilm starts to break off into the blood, then you're likely to develop heart flutters as this jelly-like substance gums up heart valves, preventing the smooth flow of blood.

But regardless of where you are now in terms of your health, there's no need to throw up your hands and just accept diminished liver function as inevitable with each passing year. Instead, know that the minute you begin to take care of your liver, it will be far better able to take care of you. Our bodies have an almost miraculous ability to regenerate and restore health when we start giving them the materials and attention they need.

In *Medical Medium Liver Rescue*, you will learn about many of the functions and mysteries of the liver that medical science doesn't yet know about or understand. But most importantly, you will learn exactly what your liver needs to heal itself and perform

the lifesaving functions it was designed for. You will learn about a special group of cells known as “perime” that the liver produces when its storage bins get too full, and also a system known as “hepa tracking” that the liver is capable of, producing supernatural ability and strength to prevent troublemakers from being expelled into your blood stream.

I swear, by the end of this book, you will be so grateful for your liver that you will feel compelled to do those things that will help it help you! Not only that, Anthony has included very specific instructions, complete with supplement lists, for supporting your liver in a wide range of situations, from daily maintenance to specific health conditions including acne, irritable bowel syndrome, adrenal problems, bloating, autoimmune disorders, constipation, diabetes, dark under-eye circles, eczema and psoriasis, fatigue, gallbladder infections, gallstones, gout, heart palpitations, high blood pressure, high cholesterol, hot flashes, jaundice, liver aging, Raynaud’s syndrome, seasonal affective disorder, weight gain, and even varicose and spider veins. Finally, there is an entire chapter on Liver Rescue that anyone can use to rescue and restore optimal liver function.

In summary, Medical Medium Liver Rescue belongs in everyone’s health library. Read it. Apply it—even if just a few of the suggestions—and enjoy the lifelong benefits of a healthy, happy liver. You won’t regret it.

— 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*



Anthony William, age 4, healing an injured baby bird

A NOTE FOR YOU

Treasure hunting has long been a part of human history. When people search for treasure, whether it's an old shipwreck filled with bounty or a chest of gold marked on a treasure map, it's common to get very close after years spent far away. The searchers have done their research, sometimes decades of it, spent all the money they could possibly spend, invested their time and energy, and then, as they're digging down, an earthquake sends the treasure toppling through a crevice so that they'll never reach it. The same can happen with a shipwreck. Ocean conditions must be just right for diving—a collapsed coral reef could block it, or shark-infested waters could make it too unsafe.

The truth about chronic illness has been so far away for so many decades, with good people researching and getting closer to answers. Famous neurologists get nearer and then can't keep going due to lack of funding. Just as we get close in this modern day of medicine, in which so many people have suffered and even lost lives with no answers, all progress is put on the shelf. Answers are only almost found. A theory such as the gene blame game puts the truth further away, because it causes medical science to pour all its resources into researching genes instead of digging for the answers that would actually put a stop to the chronic illness madness that has been with us for far too long.

How many times have you seen something unfold that you knew could have gone differently if only others understood what you'd learned in life? For my whole life, I've watched the decades roll by while medical communities move along with steps and missteps, trying to figure out why people suffer. I've witnessed them almost stumble upon the answers to what causes chronic illness and then

never quite pull through and succeed. My job is to deliver the answers to you. Are you ready to receive them?

In these pages, you'll find the truths that medical science and research have come so close to having in hand and then been thwarted from attaining. I've been given the answers about chronic symptoms and conditions so that you don't need to be held back anymore by the blunders and roadblocks in the way of medical advancements in chronic illness. Here, there's no fire-breathing dragon guarding the castle of answers or sea monster blocking the treasure chest. There are no funding deficits or agendas or grandfathered mistakes to stop you from discovering how to move forward, because I'm not shackled by a system. Freedom lives here in these words; it is attainable.

THE EPIDEMIC OF CHRONIC AND MYSTERY ILLNESS

Chronic illness is at an all-time high. In America alone, more than 250 million people are sick or dealing with mystery symptoms. These are people leading diminished lives with no explanation—or explanations that don't sit right or that make them feel even worse. You may be one of them. If so, you can attest that medical science is still puzzling through what's behind the epidemic of mystery symptoms and suffering.

Let me be clear that I revere good medical science. There are incredibly gifted and talented doctors, surgeons, nurses, technicians, researchers, chemists, and more doing profound work in both conventional and alternative medicine. I've had the privilege of working with some of them. Thank God for these compassionate healers. Learning how to understand our world through rigorous, systematic inquiry is one of the highest pursuits imaginable.

Most doctors have an innate wisdom and intuition that tells them that the medical establishment doesn't give them what they need in order to offer the best diagnosis and treatment plan when it comes to chronic illness. How many times have you heard, "There is no known cure for [fill-in-the-blank disease]"? Even at the best, most elite medical schools, there are doctors who graduated at the