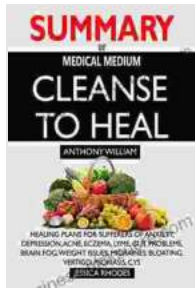


# Summary of Medical Medium Cleanse to Heal



**SUMMARY Of 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, Cys**

by Jessica Rhodes

★★★★☆ 4.1 out of 5

Language : English  
File size : 1132 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting: Enabled  
Print length : 142 pages  
Lending : Enabled



The Medical Medium Cleanse to Heal is a holistic approach to healing chronic illnesses by removing toxins and supporting the body's natural detoxification processes. The cleanse was created by Anthony William, a self-proclaimed medical medium who claims to have the ability to communicate with the spirit of compassion and receive medical information from it.

The cleanse is based on the belief that chronic illnesses are caused by a buildup of toxins in the body. These toxins can come from a variety of sources, including processed foods, environmental pollutants, and stress. When the body is overloaded with toxins, it can lead to a variety of health

problems, including fatigue, digestive issues, headaches, and skin problems.

The Medical Medium Cleanse to Heal is designed to help the body remove these toxins and restore its natural balance. The cleanse involves a combination of dietary changes, supplements, and lifestyle modifications. The dietary changes include eliminating processed foods, sugar, dairy, and gluten. The supplements include a variety of herbs, minerals, and vitamins that are designed to support the body's detoxification processes.

The cleanse also includes a number of lifestyle modifications, such as getting enough sleep, exercising regularly, and managing stress. These lifestyle modifications help to support the body's natural healing processes and improve overall health and well-being.

### **Benefits of the Medical Medium Cleanse to Heal**

The Medical Medium Cleanse to Heal has a number of potential benefits, including:

- Reduced inflammation
- Improved digestion
- Increased energy levels
- Reduced pain
- Improved sleep
- Clearer skin
- Reduced allergies

- Boosted immune system
- Improved mood
- Reduced stress
- Weight loss

The cleanse can also help to prevent chronic diseases, such as heart disease, cancer, and diabetes. By removing toxins from the body and supporting the body's natural detoxification processes, the cleanse can help to create a healthier and more vibrant life.

## **How to Do the Medical Medium Cleanse to Heal**

The Medical Medium Cleanse to Heal is a 28-day cleanse. The cleanse is divided into three phases:

1. **Phase 1: Preparation (days 1-7)**
2. **Phase 2: Cleanse (days 8-21)**
3. **Phase 3: Re (days 22-28)**

### **Phase 1: Preparation**

The preparation phase is designed to help your body prepare for the cleanse. During this phase, you will gradually eliminate processed foods, sugar, dairy, and gluten from your diet. You will also begin taking a variety of supplements to support your body's detoxification processes.

### **Phase 2: Cleanse**

The cleanse phase is the most intensive part of the cleanse. During this phase, you will continue to follow the dietary restrictions from Phase 1. You will also add a number of additional supplements to your routine, including a liver cleanse and a heavy metal detox.

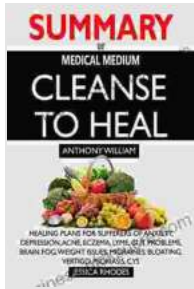
### **Phase 3: Re**

The re phase is designed to help your body adjust to eating a wider variety of foods. During this phase, you will gradually reintroduce the foods that you eliminated during Phase 1. You will also continue taking a number of supplements to support your body's detoxification processes.

The Medical Medium Cleanse to Heal is a comprehensive approach to healing chronic illnesses by removing toxins and supporting the body's natural detoxification processes. The cleanse can provide a number of benefits, including reduced inflammation, improved digestion, increased energy levels, reduced pain, improved sleep, clearer skin, reduced allergies, boosted immune system, improved mood, reduced stress, and weight loss. The cleanse is a 28-day process that is divided into three phases: preparation, cleanse, and re.

If you are considering ng the Medical Medium Cleanse to Heal, it is important to talk to your doctor first. The cleanse can be intense, and it is important to make sure that it is right for you. Your doctor can help you to determine if the cleanse is right for you and can help you to develop a plan to follow the cleanse safely and effectively.

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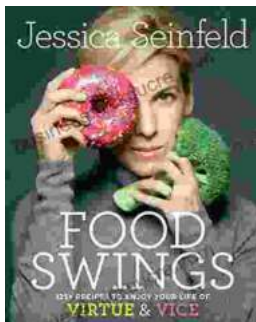


## Issues, Migraines, Bloating, Vertigo, Psoriasis, Cys

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