

Cancer & EBV Recipes



ANTHONY WILLIAM, MEDICAL MEDIUM

Cancer & EBV Recipes

Green juices and smoothies are an incredible tool for battling cancer. Drink at least one juice or smoothie daily for best results.

In this book you will find six green juice recipes and two green smoothie recipes. Each has their own unique healing properties and flavor.

If you'd like to learn more about each of these healing ingredients, you can read about them in [Life-Changing Foods](#).

We hope you enjoy these recipes and use them as tools to further support your health.

Don't have a juicer? There are two models we like that may suit you. The [Green Star Juicer](#) is a cold-pressed masticating juicer that grinds fruits and vegetables more slowly, which better preserves the integrity of the produce. It also produces more juice from your fruits and vegetables.

The [Omega Juicer](#) is another high quality masticating juicer, however it isn't as powerful as the Green Star. The [Breville Juicer](#) is a centrifugal juicer that easily and quickly produces juice. While it doesn't extract as much juice from fruits and vegetables as the Green Star, it is quicker to use and a great juicer.



Spring Green Juice

The undiscovered toxin inhibitors in asparagus make it a powerhouse food that's instrumental in battling cancer. The broccoli in this recipe amplifies the cancer-fighting compounds in the asparagus. Asparagus is particularly beneficial when juiced raw. It's mild flavor makes it a wonderful addition to virtually any juice recipe.

This mellow green juice keeps it green and clean with five easy-to-find ingredients. Feel free to add fresh fruits like apple, pear, orange, grapes, or pineapple if you like your juices sweeter or additions like lemon and lime juice, cayenne pepper or fresh turmeric if you like your juices to have some punch or a stronger flavor.

Ingredients:

- 8 stalks celery
- 1 large cucumber
- 7 stalks asparagus
- 1 cup broccoli florets
- 1 inch piece ginger

Directions:

Run each ingredient through a juicer.

Stir and enjoy.



Simple Veggie Juice

With just three ingredients, this juice couldn't be more simple.

While you might not be excited by the thought of cabbage juice, the cucumber and pear balance it beautifully resulting in a delicious and mild flavored juice.

Ingredients:

- 2 large cucumbers
- 1-2 pears (red-skinned have more nutrients)
- ¼ cabbage (red or green cabbage can be used)

Directions:

Run each ingredient through a juicer.

Stir and enjoy.



Apple and Sprouts Juice

Sprouts offer one of the most concentrated forms of nutrition you can possibly consume and juiced sprouts are no exception. In fact, juicing sprouts can make their nutrients even more bioavailable. If you're new to the flavor of sprouts and green juices, try mild-tasting sunflower sprouts in this recipe. If you're feeling more adventurous or you're a well-seasoned sprout lover, try the more strong-flavored broccoli sprouts or red clover sprouts.

Whichever sprout you choose, you'll be receiving life-giving health benefits as you drink this juice!

Ingredients:

- 2 large cucumbers
- 1-2 apples (red-skinned have more nutrients)
- 2 cups sunflower sprouts or 1 cup broccoli or red clover sprouts
- 1 lemon, peeled

Directions:

Run each ingredient through a juicer.

Stir and enjoy.



Sunshine Green Juice

The combination of salty celery, sunshine-sweet oranges and strawberries that taste like summer perfectly complement to the greens in this juice.

Packed full of minerals and antioxidants, this juice is a top pick that friends and family might enjoy too.

Ingredients:

- 1 head celery
- 1-2 oranges, peeled
- 1 cup strawberries
- 6 large leaves kale
- 1 cup or more cilantro (or parsley)

Directions:

Run each ingredient through a juicer.

Stir and enjoy.



Detoxifying Green Juice

Looking for an easy way to get more of the cancer-fighting foods into your diet? This juice is it.

Enjoy this juice daily or as often as possible and in time you should notice the difference in how you feel.

This juice recipe hydrates, detoxifies, revitalizes, strengthens, balances, and nourishes. It also tastes delicious! Feel free to include more pineapple if you like a really sweet juice.

Ingredients:

- 8 stalks celery
- 1 large cucumber
- 1-2 cups pineapple
- 1 cup kale or arugula microgreens
- 1 tsp Hawaiian Spirulina
- 1 tsp Barley Grass Juice Extract Powder

Directions:

Run each ingredient through a juicer.

Blend or stir in the Hawaiian Spirulina and Barley Grass Juice Extract powder and enjoy.



Herb Infusion Juice

The herbs in this juice make it shine. If you're not a fan of thyme or mint, you can try cilantro, parsley, rosemary, basil or oregano, or mix it up each time. All green herbs have incredible healing properties and it's worth experimenting with them all in your juices. If you don't have a slow, cold pressed juicer (a masticating juicer) like this one, you may wish to juice your ingredients then add them to a blender with the herbs, blend and then strain. This will help you to get the juice out of the herbs as many centrifugal juicers may not be able to effectively juice leaves as small as thyme leaves.

Ingredients:

- 1 bulb fennel
- 1-2 apples (or pears)
- 2 kiwi
- 2 cups spinach
- 3 tbsp fresh mint
- 1 tbsp fresh thyme leaves

Directions:

Run each ingredient through a juicer.

Stir and enjoy.



Mango Green Smoothie

A fresh fruit smoothie accented with greens can be the easiest green drink to grab and go.

This smoothie is delicious, satiating, and only takes a few minutes to make.

The kick of ginger adds a subtle heat and complexity of flavor to the smoothie. If you're not a ginger fan, you can omit it.

Ingredients:

- 2 cups fresh or frozen mango
- 1 cup cilantro
- 2 cups spinach
- 1 inch piece ginger, minced
- Juice of 1 lime
- 2 cups coconut water or plain water
- Handful of ice (optional)

Directions:

Blend all ingredients together until smooth.



Chaga & Reishi Latte

(Recipe adapted from [Life-Changing Foods](#))

This warm and creamy variation of Chaga and Reishi tea is just the thing when you need both strength and comfort. As you enjoy it, think about all that it's doing for your body as the mushrooms help you live to your full potential.

Ingredients:

- 1 teaspoon [Chaga Extract Powder](#)
- 1 teaspoon [Reishi Extract Powder](#)
- 1/4 teaspoon cinnamon
- 8oz hot water
- 1 teaspoon raw honey or coconut sugar
- 1/4 cup coconut or almond milk

Directions:

Add the ingredients into a blender. Blend until well combined and frothy.

You can also stir the ingredients together in a mug. It won't have the same frothiness but it will still taste delicious.

Sip and savor.



Heavy Metal Detox Smoothie

This smoothie is not only delicious, it's also perfectly designed to include five key ingredients that work together in synergy to pull heavy metals like mercury, lead, aluminum, nickel, copper, and cadmium out of your organs where they accumulate. Drink this smoothie daily for optimal benefits. You can read more about the ingredients in this [Medical Medium blog post](#).

Ingredients:

- 2 bananas
- 2 cups wild blueberries
- 1 cup cilantro
- 1 cup orange juice
- 1 tsp [Barley Grass Juice Extract powder](#)
- 1 tsp [Hawaiian Spirulina](#)
- 1 small handful of [Atlantic Dulse](#)
- Optional: water to blend

Directions:

In a high speed blender, blend all ingredients until smooth. If a thinner consistency is desired, add up to 1 cup of water. Enjoy!