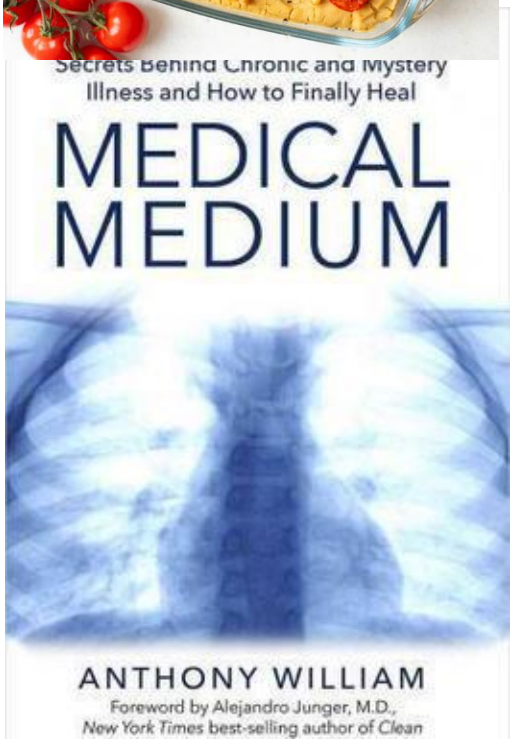
Medical Medium Healthy Healing Cookbook Baked Hummus

This article is based on Medical Medium Anthony William's 30th October 2026 email about his latest video titled: "Earth Axis Danger, Garlic Properly, Teeth Enamel, Colostrum Sickness, Germ Fears And Alien Portals 🤌" which shows Anthony answering followers questions while making the Baked Hummus recipe from his latest book which is now available to pre-order.

Notes and screenshots from the video compiled with graphics and excerpts from the email, by Elizabeth O'Brien, The LEAD Group Inc.





MEDICAL MEDIUM

ANTHONY WILLIAM

Medical Medium Anthony William went live today to answer your questions and made Baked Hummus, one of the 175+ recipes inside the new Medical Medium Healthy Healing Cookbook. Watch the replay: https://www.youtube.com/watch?v=mWmyPXuqeO8 [LID 30035]

Medical Medium Anthony William:

- Teeth enamel grows back once heavy metals are removed

When you remove heavy metals with fresh parsley shots, spinach soup, celery smoothies etc recipes from my books [including the 28 day heavy metal cleanse in "Medical Medium Secrets Behind Chronic and Mystery Illness and How to Finally Heal" - https://www.medicalmedium.com/book [LID 18710] - (2015)], you can grow your teeth enamel back!

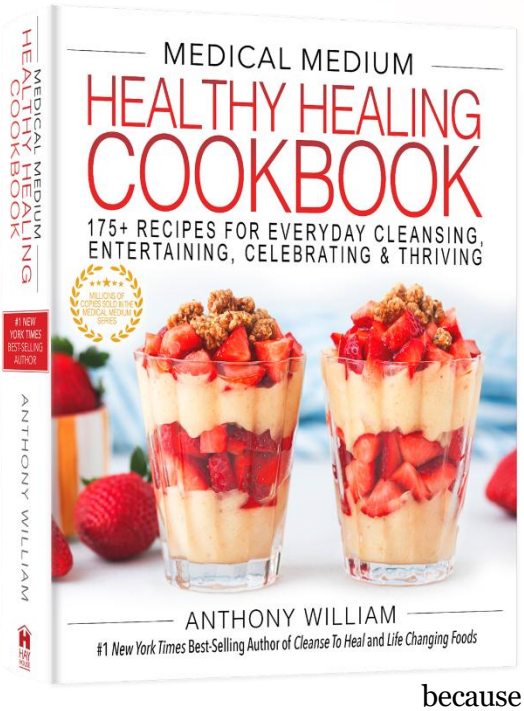
- People crave ice cream and chew ice because the cold feels like an internal ice pack on inflamed nerves, but they are unaware of this reason

People use cold food as an anti-inflammatory to cool down their inflamed vagus nerve all around the stomach, cranial nerves, sinuses and other inflamed parts of the body - they're treating inflammation - putting internal ice packs on - even if they don't know they have inflammation. Ayurveda, nutritionists, longevity experts and everyone who says "don't have cold food" are wrong. If you like to eat cold food, go ahead and do it. If you don't like to eat cold food, don't eat it. Dairy ice cream will feed all your viruses and cause more inflammation so vegan ice cream is the option.

- Crack open garlic safely by keeping the knife blade pointed away from you so you don't get cut and you can reduce the fat in tahini by pouring excess oil out of the jar

Make hummus with 6 cups of cooked chick peas, fresh garlic (if you love garlic like I do), juice of two lemons (to taste), tahini with its oil on top or some oil removed (to taste), salt and pepper (if desired), in a food processor while slowly adding water (not too much); pour it in to a baking dish, layer cut-in-half olives on top, then cut-in-half fresh tiny tomatoes (Greek tomatoes) with the cut half upwards to cover the olives, then bake at 425 degrees Fahrenheit for 15-20 minutes. In the meantime, wash wax off organically-grown vegetable skin like cucumber skin, under hot running water. Chop fresh organic capsicum and washed cucumber with its skin on into large pieces. Break up lettuce leaves into nature's wraps pieces. Finely chop up fresh parsley and put it aside. I like to finely chop the parsley stems too because I use the parsley medicinally, not just the rough-cut leaves as a garnish. Chop up some pine nuts and put them on top of the baked hummus and put it back in the oven for 3 minutes to mildly toast the pine nuts. Serve the hummus with the fresh chopped parsley on top, using the capsicum and cucumber to scoop it out or put some baked hummus on a lettuce leaf and wow! I hope you get this book: Medical Medium Healthy Healing Cookbook has 175 recipes and you can pre-order it now - these books save lives. [URL: Medical Medium Healthy Healing Cookbook: 175+ Recipes for Everyday Cleansing, Entertaining, Celebrating & Thriving : William, Anthony: Amazon.com.au: Books - https://www.amazon.com.au/dp/1401954367]











When you're struggling and suffering to beat a diagnosis or beat symptoms, I know that you're a good person and it's not your fault that you are sick. You can heal. You've found this information, you've found the books. I may not be the best representative of Spirit of Compassion, I just care that you get the information that you need to get your life back.

- Salt in water damages the liver and kidneys, while salt on food is cut by the food so it poses far less of a risk



Don't add pink salt to water and drink it - it goes straight to your liver and kidney and does damage. Its ok to add a little bit of salt to your food like this baked hummus. It might take 30 or 50 years but Medical Medium information is eventually going to be proved right. Ripe tomatoes have anthocyanins and Vitamin C and can detox you and do not cause arthritis. I'm doing a podcast on the Copper trend in a couple of weeks.

PRE-ORDER HEALTHY HEALING COOKBOOK

By nature gluten-free, soy-free, dairy-free, toxic seed oil-free, egg-free, vinegar-free, caffeine-free, and yeast-free, every recipe in this book is designed to help you feel good, and have a good time. Customize even further with abundant grain-free, nut-free, fat-free, salt-free, raw, and cleanse-friendly recipe options.

Let the next person who heals through Medical Medium recipes be you.



2019 Volcano Art Prize (VAP) Entry. Title: **Lead detox food and drink to go**. Lead-Safety Message: Medical Medium Anthony William recommends this Heavy Metal Detox Smoothie, Juice and Tea, plus leafy green Salads, Celery Sticks and Dates. Food-preparer and Photographer: Elizabeth O'Brien. https://volcanoartprize.com/portfolio-item/lead-detox-food-and-drink-to-go/ [LID 26252]



2018 Volcano Art Prize (VAP) Entry. Title: **Figs fight lead symptoms.** Lead-Safety Message: Medical Medium Anthony William says in his 50 Life Changing Foods book that figs help detox heavy metals. Figs fight ADHD, Alzheimers disease, dementia and stroke. Photographer: Elizabeth O'Brien. https://volcanoartprize.com/portfolio-item/figs-fight-lead-symptoms/ [LID 19316]



2023 Volcano Art Prize (VAP) Entry. Title: **Wild Blueberries.** Lead-Safety Message: Medical Medium Anthony William calls Wild Blueberries both a heavy metal detox food and one of his top 10 Super Healing Foods. Excellent in smoothies! Artist: Jennifer Chuah, School Name: Creative Einstein, Age: 12 https://volcanoartprize.com/portfolio-item/wild-blueberries/ [LID 27652]