
MEDICAL MEDIUM

LIVER
RESCUE

E-BOOK SUPPLEMENTAL MATERIAL

ANTHONY WILLIAM



HAY HOUSE, INC.

Carlsbad, California • New York City

London • Sydney • New Delhi

THE 3

	DAY 1	DAY 2	DAY 3
UPON WAKING	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
MORNING	Breakfast and mid-morning snack of your choice (within guidelines)	Breakfast and mid-morning snack of your choice (within guidelines) One apple (or one serving applesauce)	Breakfast and mid-morning snack of your choice (within guidelines) Two apples (or two servings applesauce)
LUNCHTIME	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)
MID-AFTERNOON	Two apples (or two servings applesauce) with one to four dates (or substitutions below)	Two apples (or two servings applesauce) with one to four dates (or substitutions below)	Two apples (or two servings applesauce) with two to four dates (or substitutions below)
DINNERTIME	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)	Meal of your choice (within guidelines)
EVENING	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea
GUIDELINES	<ul style="list-style-type: none"> • Follow the Liver Rescue Morning • Avoid these foods: gluten, dairy, eggs, lamb, pork products, canola oil • Reduce your normal consumption of radical fats (nuts, seeds, oils, coconut, animal proteins, etc.) by 50 percent and wait to eat fats altogether until dinnertime • If you enjoy animal products, stick to one serving per day, eaten only at dinner • Substitutions for afternoon dates: mulberries (dried or fresh), raisins, grapes, or figs (dried or fresh) • Focus on bringing in more fruits, vegetables, and leafy greens every day 		

THE 6

	DAY 4	DAY 5	DAY 6
UPON WAKING	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
MORNING	16 ounces celery juice Liver Rescue Smoothie	16 ounces celery juice Liver Rescue Smoothie	16 ounces celery juice Liver Rescue Smoothie
LUNCHTIME	Steamed asparagus with Liver Rescue Salad	Steamed asparagus with Liver Rescue Salad	Steamed asparagus and brussels sprouts with Liver Rescue Salad
MID-AFTERNOON	At least two apples (or two servings applesauce) with one to four dates (or substitutions) plus celery sticks	At least two apples (or two servings applesauce) with one to four dates (or substitutions) plus celery sticks	At least two apples (or two servings applesauce) with one to four dates (or substitutions) plus celery sticks
DINNERTIME	Steamed asparagus with Liver Rescue Salad	Steamed brussels sprouts with Liver Rescue Salad	Steamed asparagus and brussels sprouts with Liver Rescue Salad
EVENING	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea
GUIDELINES	<ul style="list-style-type: none"> • Avoid radical fats (nuts, seeds, oils, coconut, animal proteins, etc.) entirely • Stick to the foods outlined in the chart above • Eat as much as you need to feel full • If you're 100 percent raw, please see the full cleanse description for alternatives to the cooked meals 		

THE 9

	DAY 7	DAY 8	DAY 9
UPON WAKING	16 ounces lemon or lime water	16 ounces lemon or lime water	16 ounces lemon or lime water
MORNING	16 ounces celery juice Liver Rescue Smoothie	16 ounces celery juice Liver Rescue Smoothie	Over the course of the day, consume: Two 16- to 20-ounce celery juices (one morning, one early evening)
LUNCHTIME	Spinach soup over cucumber noodles	Spinach soup over cucumber noodles	
MID-AFTERNOON	16 ounces celery juice At least two apples (or two servings applesauce) plus cucumber slices and celery sticks	16 ounces celery juice At least two apples (or two servings applesauce) plus cucumber slices and celery sticks	
DINNERTIME	Steamed squash, sweet potatoes, or potatoes with steamed asparagus and/or brussels sprouts plus optional Liver Rescue Salad	Steamed asparagus and/or brussels sprouts plus optional Liver Rescue Salad	Two 16- to 20-ounce cucumber-apple juices (anytime) Blended melon, blended papaya, or fresh-squeezed orange juice (as many servings and as often as desired) Water (sip at least 8 ounces every three hours)
EVENING	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea	Apple (if desired) 16 ounces lemon or lime water Hibiscus or lemon balm tea	16 ounces lemon or lime water Hibiscus or lemon balm tea
GUIDELINES	<ul style="list-style-type: none"> • Continue to avoid radical fats (nuts, seeds, oils, coconut, animal proteins, etc.) entirely • Stick to the foods outlined in the chart above; eat or drink as much as you need to feel full • If you're 100 percent raw, please see the full cleanse description for alternatives to the cooked dinners 		

Standard Cup	Fine Powder (e.g., flour)	Grain (e.g., rice)	Granular (e.g., sugar)	Liquid Solids (e.g., butter)	Liquid (e.g., milk)
1	140 g	150 g	190 g	200 g	240 ml
$\frac{3}{4}$	105 g	113 g	143 g	150 g	180 ml
$\frac{2}{3}$	93 g	100 g	125 g	133 g	160 ml
$\frac{1}{2}$	70 g	75 g	95 g	100 g	120 ml
$\frac{1}{3}$	47 g	50 g	63 g	67 g	80 ml
$\frac{1}{4}$	35 g	38 g	48 g	50 g	60 ml
$\frac{1}{8}$	18 g	19 g	24 g	25 g	30 ml

Useful Equivalents for Liquid Ingredients by Volume					
$\frac{1}{4}$ tsp				1 ml	
$\frac{1}{2}$ tsp				2 ml	
1 tsp				5 ml	
3 tsp	1 tbsp		$\frac{1}{2}$ fl oz	15 ml	
	2 tbsp	$\frac{1}{8}$ cup	1 fl oz	30 ml	
	4 tbsp	$\frac{1}{4}$ cup	2 fl oz	60 ml	
	$5\frac{1}{3}$ tbsp	$\frac{1}{3}$ cup	3 fl oz	80 ml	
	8 tbsp	$\frac{1}{2}$ cup	4 fl oz	120 ml	
	$10\frac{2}{3}$ tbsp	$\frac{2}{3}$ cup	5 fl oz	160 ml	
	12 tbsp	$\frac{3}{4}$ cup	6 fl oz	180 ml	
	16 tbsp	1 cup	8 fl oz	240 ml	
	1 pt	2 cups	16 fl oz	480 ml	
	1 qt	4 cups	32 fl oz	960 ml	
			33 fl oz	1000 ml	1 l

Useful Equivalents for Dry Ingredients by Weight

(To convert ounces to grams, multiply the number of ounces by 30.)

1 oz	$\frac{1}{16}$ lb	30 g
4 oz	$\frac{1}{4}$ lb	120 g
8 oz	$\frac{1}{2}$ lb	240 g
12 oz	$\frac{3}{4}$ lb	360 g
16 oz	1 lb	480 g

Useful Equivalents for Cooking/Oven Temperatures

Process	Fahrenheit	Celsius	Gas Mark
Freeze Water	32° F	0° C	
Room Temperature	68° F	20° C	
Boil Water	212° F	100° C	
Bake	325° F	160° C	3
	350° F	180° C	4
	375° F	190° C	5
	400° F	200° C	6
	425° F	220° C	7
	450° F	230° C	8
Broil			Grill

Useful Equivalents for Length

(To convert inches to centimeters, multiply the number of inches by 2.5.)

1 in		2.5 cm
6 in	$\frac{1}{2}$ ft	15 cm
12 in	1 ft	30 cm
36 in	3 ft	90 cm
40 in		100 cm
	1 yd	90 cm
		1 m