Cancer Reverser – Part 2: Adopt a Vegan Organic Diet

# Step 2: Adopt a Vegan Organic Diet

* ✳️ Original:  
  Eat fresh, organic, raw where possible.

💡 Clarifier:  
Raw = alive. You're feeding the body life. Think: fruit in the morning, raw salads at lunch, smoothies, soaked seeds and nuts, and raw veggies as snacks.  
If it came from the ground and hasn’t been wrecked by heat, it’s healing. You don’t have to be 100% raw, but aim for raw in every meal.

* ✳️ Original:  
  Drink daily fresh juice (add beetroot, chia, mint, and ginger).

💡 Clarifier:  
Start with one juice a day. Best in the morning on an empty stomach.  
Try this:  
- Base: apple or pineapple  
- Add-ins: beetroot (blood builder), ginger (anti-inflammatory), mint (cooling), chia (fiber/omega 3s)  
- Don’t mix with heavy meals. Juice is a delivery system, not a meal replacement.

* ✳️ Original:  
  Eliminate processed foods, GMOs (corn, soy, wheat), and alcohol (strictly no alcohol – it is poison).

💡 Clarifier:  
Processed = fake. GMOs = lab-tweaked. Alcohol = cellular poison. If it’s in a box, packet, or has numbers, ditch it.  
Alcohol also wrecks gut lining, depletes minerals, and lowers vibration. If you’re serious about healing, it can’t stay.  
Try herbal teas or sparkling water with lemon if you need a drink in hand.

* ✳️ Original:  
  After two weeks, resume clean meats and dairy—but keep a vegan healing day on Wednesdays, Fridays, and alternate Sundays.

💡 Clarifier:  
This gives your body a break to detox.  
Clean meats = pasture-raised, hormone-free, minimal processing  
Dairy = raw if accessible, or full-fat organic. No ultra-processed crap.  
These healing days are non-negotiable — they help the immune system reset regularly. Use them as check-in days too (energy, mood, bowel movement, cravings).

* ✳️ Original:  
  Daily Juice Options (2+ each day): Pineapple, apple, orange, carrot, lemon, beetroot\*, grapes, spinach\*, banana, blueberries, kiwi\*, coconut\*, ginger

💡 Clarifier:  
Pick what feels good. Rotate often. If it has a \*, don’t overdo it (they’re strong detoxifiers or high in oxalates).  
Example:  
- Morning: orange-carrot-ginger  
- Afternoon: beetroot-apple-mint  
Try freezing extras in ice trays if you’re busy.

* ✳️ Original:  
  Vegetables to Eat Daily (2+ from this list):

💡 Clarifier:  
This list is key to cellular hydration, mineral intake, and immune support. Steam lightly or eat raw. Mix into stir-fries, soups, or salads.

🔗 Additional Support: On the website, there’s a section called \*\*Foodicine\*\* which offers 14-day plant-based shopping lists, recipes, preparation methods, instructional videos, and snack ideas to help you apply this in real life.