

The 7 Root Blocks to Healing Naturally from Cancer

True healing doesn't just come from adding the right foods or herbs—it comes from removing what's been blocking the body's natural ability to repair. This guide highlights the 7 most common root blocks we see and how to shift them for lasting transformation.

1. FEAR

Fear creates paralysis in the nervous system, suppresses immune function, and floods the body with stress hormones.

Mindset Shift: Choose peace over panic. Surround yourself with success stories, not statistics.

2. ACIDITY

An acidic internal environment (from diet, stress, or toxins) breaks down tissue and feeds degeneration.

Action Step: Flood the body with alkalizing juicy and raw foods.

3. TOXICITY

Heavy metals, chemicals, and pharmaceutical residues clog detox pathways and poison cells.

Action Step: Raw Diet, get to sweating, drink lemon water with fresh lemon throughout the day and 1st thing in the morning.

4. STAGNATION

Poor lymph movement and a sedentary lifestyle keep waste trapped in the body.

Action Step: Incorporate light movement, walking, and deep breathing daily.

5. EMOTIONAL BLOCKS

Unprocessed trauma or grief weakens organs and disrupts energy flow.

Mindset Shift: Journal, cry, release. Eat Raw. Healing emotionally is just as critical as physically.

6. MISINFORMATION

Following trends that don't work (like RSO, mushrooms, or protein obsession) can derail true healing.

Action Step: Tune out noise. Follow simple, proven, raw-based guidance tailored to your body. Post in and participate in your support group "Natural & Holistic Cancer Support by fruitful purpose to stay on track.

7. LACK OF SUPPORT

Trying to heal alone leads to overwhelm, doubt, and backsliding. Stick to your Tribe