

The
**MIRACLE
DIET**

HOW TO CURE CANCER AND OTHER DISEASES
HOW I WAS HEALED OF DEADLY BONE CANCER
INCURABLE MULTIPLE MYELOMA CAN BE CURED

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START WITH FAITH

YOU MUST BELIEVE THAT YOU WILL BE HEALED

I was diagnosed with stage 3 multiple myeloma. Doctors say that this type of bone cancer is deadly and incurable. I had aggressive tumors in two of my vertebrae and in my shoulder. I was taking chemo



therapy but the Lord led me to stop taking this poison. The Lord also led me to pray and eat healthy which led to my full recovery. Here is how I was cured!

Hebrews 11:1 “Faith is the substance of things hoped for and the evidence of things not seen.”

Mark 11:24 “Whatever things you desire when you pray, believe that you receive them and you shall have them.”

I did not look up these verses in the Bible as I quoted them from memory. It helps to meditate in the Word of God until the scripture becomes a part of your spirit being. In order to have true faith one must actually believe that the things which he or she desires shall come to pass no matter what the physical circumstances are. Faith is picturing the substance and the evidence of things before they actually occur in the material realm. Therefore we must envision ourselves as being healed already before we see the symptoms disappear.

If you have cancer or some other terrible disease all you have to do is envision in your mind and heart that the particular cancer or disease is shriveling up and disappearing. Imagine the tumor(s) dissolving and being carried away by your super charged white blood cells which have been energized by your miracle diet.

Pray and ask God for these miracles as you quote the Word of God. You need to pray in faith (with no wavering doubts), so that you will actually speak to the cancer or disease and commanded it to disappear. Say something like this, “In the Name of Jesus Christ

of Nazareth, I command all cancer cells to die and depart from my body.” When you pray like that you must command the cancer to leave just like a Police Officer would command an armed criminal to drop his weapon. Or command the cancer or disease to leave just as you would command a criminal to get out of your house while you have a loaded shot gun in your hand. Never pray in a passive manner. Just as criminals usually do not listen to passive people so you must command the cancer to leave. You don’t need to shout but you must mean what you are saying with courage and boldness.

No matter what the circumstances are, you must keep believing that God has given you authority through the power of His Word. Keep praying and speaking to the cancer with an authoritative tone to your voice while you believe and envision that the cancer or disease is doing whatever you are commanding it to do.

Take some time to relax and meditate while praying. Try to develop a picture of what you think that tumor, cancer cells, or other disease looks like. Go to Google Images and type in the type of cancer cells, cancerous tumors, or other disease that you may have so that you can get a clear picture of what must be destroyed. You might use actual pictures such as x-rays or MRI’s. Then go somewhere where you will not be distracted and envision the cancer cells, tumors, or other diseases dying. You need to see the cancer cells or tumors start to shrivel up and die. Imagine / envision that the supernatural hand of God Almighty is destroying the cancer cells or tumors. You might want to pray and envision that your white blood cells are multiplying and being energized by your miracle diet. Imagine / envision your white blood cells attacking the cancer cells and tumors until they all shrivel up and die. Then envision your white blood cells taking away the dead cancer cells to be purged out of your body through your intestines.

Always pray to God and ask God to do the things that you are envisioning because it is God’s power that you are tapping into. Spend allot of time thanking and praising God for healing and delivering you from the particular disease. I like to clap my hands and shout unto God with the voice of triumph as I thank Him. I also pray in tongues and spend allot of time worshipping Him. I prayed until the Lord spoke to me in my heart and at other times He actually prophesied to me out of my own mouth, “You are healed.” Thus the Lord greatly encouraged me to continue to have faith. God is not a respecter of persons so I’m sure that God will heal anyone who seeks Him with a humble and honest heart.

One of my favorite maxims is this, “I do my best and leave the rest to God.” The apostle Paul wrote to Timothy to drink the fruit of the vine [grapes] for his stomach and for his bodily weaknesses (1 Timothy 5:23). Grapes (especially dark grapes – dark red, dark blue) are very high in antioxidants which empower our immune systems. When I prayed about what to eat, the Lord also led me to eat a lot of root vegetables: Raw carrots, radishes, ginger, garlic, turmeric, beets, and onions. It is not wrong to eat very healthy and to take herbal remedies while you exercise faith in the promises of God.

THE MIRACLE DIET

AGAINST CANCER AND MOST HEALTH PROBLEMS

Disclaimer: I am not a doctor so I am just giving out what I did to get well. My doctor knew nothing about eating healthy. Nor did he have any knowledge about herbal remedies. In fact, he said it was all “snake oil.” You should consult your physician before you decide to stop taking chemo and radiation therapy but I’m sure he or she will tell you to keep taking the poisons. Should you decide to follow the path that I chose, you do so at your own risk. Yet it is my opinion that the risk of death is much higher if you follow the average doctors advice. I know of many who trusted the chemo and the radiation and they died. I’m living proof that this miracle diet works with true faith and persistency. May God bless all who read this site with health and a long life.

MEAT PRODUCTS: It is important that you eat a mostly vegan diet with occasional small portions of fish or poultry. A completely vegan diet is better but most people will not wish to become vegetarians. No beef, pork, clams, crabs, lobsters, or shrimp. I occasionally eat small portions of goat, lamb, squid, and shrimp but I know I should not be eating the shrimp. Okay I cheat a little. Shell fish, crabs, lobsters, and shrimp are God’s garbage cleaners so they are not healthy.

DAIRY PRODUCTS: Only very small portions of organic milk in smoothies or in an occasional cup of tea or coffee. **DO NOT** drink whole glasses of milk.

SUGAR PRODUCTS: NO REFINED WHITE SUGAR. Stevia is the best sugar substitute because it is all natural. If you are fighting cancer stop all refined sugar along with organic brown sugar and honey until the cancer is under control. Then you may add very small portions of dark organic brown sugar or honey. If cancer starts spreading again immediately cease using brown sugar or honey.

EGGS: Only 2 or 3 hardboiled eggs per week as a snack or with meals. No butter.

BREAD: If you must have bread make sure you use only 100 % whole grain organic bread.

WHY AM I AGAINST CONSUMING ALLOT OF MEAT, DAIRY, AND SUGAR? Go to youtube or Netflix and type in “The China Study” and you will find out. Forks Over Knives is an excellent documentary which totally changed my eating habits. The scientific data proves that people who eat allot of meat, dairy, processed sugars, and genetically modified foods greatly increase their chances of getting cancer and other deadly diseases.

CLICK ON THE FOLLOWING LINKS FOR MORE INFO

The China Study: <http://youtu.be/xzrWGOKK3E8>

Every Cancer Can Be Cured: <http://youtu.be/DgbdNNfotwM>

The Only Way to Eliminate Potential Cancer Cells: <http://youtu.be/BJA3d5cP41Y>

Cancer – The Forbidden Cures: <http://youtu.be/BTGye7kA6rM>

Food That Kills: http://www.youtube.com/watch?v=A-y7wr5eZag&list=PL2FeDhbqPjB_iCZBVIS8EUSW6Ch9oCIHu&feature=share&index=5

The Gerson Therapy: <http://youtu.be/9xgpvVRh374>

Charlotte Gerson On Cancer And Disease: <http://youtu.be/VW8FEWKEj4w>

Genetically Modified Foods / Seeds of Death: <http://youtu.be/eUd9rRSLY4A>

Top GMO Foods To Avoid: <http://youtu.be/-LAKFhDguuw>

If you have Netflix search for “Forks over Knives.” This documentary changed my life.

WATER: Only drink distilled water as most city water, well water, and even spring waters have contaminants.

REDUCE YOUR ACIDITY by drinking one half of a freshly squeezed lemon along with 1tbs. of raw apple cider vinegar three times per day (Make sure you buy only raw organic apple cider vinegar with the mother). Cancer thrives in a high acidic environment but cannot flourish in a high alkaline environment.

ALKAZONE DROPS: I have found that it is also necessary to use alkazone drops in drinking water (type in alkazone drops on amazon.com and order the package of three). I use two or three drops per large glass of water and I also add a drop or two in tea or in an occasional cup of coffee. Keep your alkaline level between 7.0 – 7.5 as almost all people who get cancer have it because of a high acidic environment in their bodies. I prefer to keep my alkalinity at about 7.5 to ensure that my body has a full alkaline environment.

PH TEST STRIPS: It is necessary to monitor your PH level at least once per week. You can buy PH Test Strips at amazon.com. For best results test your urine as soon as you wake up in the morning by dipping the test strip in your fresh urine for about 20 seconds. Then hold the test strip in the open air for another 15 – 20 seconds. You can then compare the color of the strip with the colored category chart provided. If your alkalinity goes over 7.5 then reduce the amount of Alkazone in your drinking water but if your alkalinity drops then increase the number of drops in your drinking water. Coffee is high in acidity so if you insist on drinking allot of coffee make sure you increase the number of alkazone drops.

Breakfast – Drink one half of freshly squeezed lemon with 1 tbs. of raw apple cider vinegar with water.

Oatmeal Smoothie – Serving for One Person (Freeze some berries / bananas / or melons to make cold).

1/3 Cup of raw Oats (preferably organic). Oats have 11% protein

1 table spoon of organic flax seed

A touch of Cinnamon

½ Organic Banana

Organic Strawberries / Blueberries / Blackberries / Cranberries / or any other berries. Can

mix together or alternate according to taste.

A slice of Melon – Cantaloupe or Honeydew

Coconut Water or organic Apple Juice (Coconut water has electrolytes and is very good to get you going in the mornings).

A touch of organic milk (very little)

1/4 Cup of Hempseed

Stevia (or with a touch of honey)

Make enough for a tall glass that you can finish as a single meal. BLEND UNTIL ALL IS PULVERIZED!

Take the following herbs and vitamins with breakfast:

A good multivitamin / mineral supplement

1000 milligrams of vitamin C

Astragalus Root 470 mg

Burdock Root 460 mg

Sheep Sorrel 400 mg

Siberian or Korean Red Ginseng 400 mg

Turmeric 720 mg

Cayenne Pepper 40,000 STU

Spirulina – Two 500 mg tablets

Probiotic (find good quality) – 1 Tablet daily

Niacin – 500 mg every other day

Fish Oil – 1000 mg

D-3 – 1000 iu (only take if not in sun)

Potassium 595 mg

Coenzyme Q-10 100 mg

Kelp 600 mg (I get a reaction so I take every other day)

Beet Root Extract 500 mg

SNACK – 1 or 2 Carrots – Handful of dark green lettuce (or spinach or kale). Eat raw. Do not cook!

With breakfast or snack. Boil Green Tea Bag with crushed or chopped ginger. Use stevia or very small touch of organic dark brown sugar or honey. Eat cooked ginger with lunch.

LUNCH - Drink one half of freshly squeezed lemon with 1 tbs. of raw apple cider vinegar with water.

Small bowl of whole grain brown rice with beans, ginger and onion.

Eat raw broccoli, radishes, dark green leafy vegetables, green or red pepper with rice, legumes, ginger, onion, and garlic. Make sure you eat mostly vegetables with only a very small portion of rice and beans. Rice and beans make a complete protein. I also regularly add mixed nuts to my salads or as a snack (peanuts, cashews, Brazil nuts, pecans, walnuts, etc.).

Salad Dressing Recipe for one or two adults:

½ Squeezed Lemon

½ Teaspoon of raw grated ginger

2 tbs. of extra virgin olive oil

Pinch of black pepper and salt

1 tsp. of honey / or sprinkle of stevia

1 tbs. of raw apple cider vinegar (with the mother).

Take two 500 mg Vitamin C Tablets with Lunch.

LATE AFTERNOON SNACK

1 or 2 Carrots (make sure you eat at least two or three carrots per day) – Handful of dark green lettuce (or spinach or kale). Eat raw. Do not cook!

Boil Green Tea Bag with crushed or chopped ginger. Use stevia or a very small touch of organic dark brown sugar or honey. Eat the cooked ginger with dinner.

DINNER - Drink one half of a freshly squeezed lemon with 1 tbs. of raw apple cider vinegar with water. The taste is awful but you will get use to it. I use just enough water so I can swallow it quickly.

Small bowl of whole grain brown rice with beans, ginger and onion.

Eat ORGANIC raw broccoli, radishes, cucumbers, and green or red pepper on a bed of dark greens as a salad. Add any other ORGANIC raw vegetables of your choosing. Fill your stomach on mostly raw organic vegetables with only a very small portion of cooked rice and beans.

You may substitute ORGANIC whole grain pasta with organic tomato sauce (oregano and other culinary spices are very good for you). Small portions of organic chicken or turkey meatballs (no more than 3 small meat balls per meal). You may also substitute chicken soup or cooked fish but eat only very small portions of poultry, lamb, or goat. If you decide to eat more meat make sure that it is fish. The omega 3 in fish is very good for you and it is especially good against cancer.

All cooked foods must be in very small portions. Make sure you fill yourself with more raw organic fruits and vegetables rather than cooked foods.

Always use cooked legumes with whole grains. DO NOT USE canned legumes – Only dry! Dark black, dark brown or dark red beans have more antioxidants than the lighter colored beans.

You may also change your lunch menu just as dinner.

TAKE THE FOLLOWING SUPPLEMENTS WITH DINNER

Vitamin C 1000 mg

Astragalus Root 470 mg

Burdock Root 460 mg

Sheep Sorrel 400 mg

Beet Root Extract 500 mg

Siberian or Korean Red Ginseng 400 mg

Turmeric 720 mg

Cayenne Pepper 40,000 STU

Spirulina – Two 500 mg tablets

Vitamin B-17 100 mg

Maca Root - 500 mg

I listed the quantity of each supplement based upon what I am taking. Try to find supplements that are close to my recommendations.

EVENING SNACK

Small portion of fruit: Grapes / Pineapple / Melons / Apple etc.

I often make another Oatmeal Smoothie with one half a banana, a small piece of cantaloupe, and berries. I always use some frozen fruit or frozen berries to make sure the smoothies are cold and refreshing. Just add coconut water or organic apple juice with a touch of organic milk and stevia.

If I don't make a smoothie I eat raw coconut, pineapple, grapes, slices of apple or melon. I prefer eating raw coconut rather than popcorn. Coconut is a super food. Nice to chew on raw coconut or carrots while watching educational videos or occasional movies.

NOTE: If you are feeling healthy and are able to work hard, you may need to consume more carbohydrates. If so, then increase your portions of brown rice, multi-grains, or add some sweet potatoes to your diet.

ONE MORE THING: Do not use regular deodorant or harmful chemical sprays under your arm pits. The arm pits are a part of the body that easily absorbs whatever you use there. After taking a shower, I rub my body down with Hydrogen Peroxide, especially under my arm pits, groin area, and all over my feet. Hydrogen Peroxide is not harmful because it is natural and has been proven to fight cancer and other diseases via absorption into the body through the skin. You will find that hydrogen peroxide does not make your arm pits smell nice initially but you will notice that it will kill the bacteria that produce body odor all day long.



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