LAETRILE (aka Vitamin B17/Amygdalin)

Several years ago, Laetrile was being used to treat cancer. Here is the theory behind the usage of Laetrile as a cancer weapon.

We do not promote laetrile as a cure for cancer. Indeed, we do not think anything cures anything. We do believe the body has the ability to repair and heal itself, given the opportunity, and therefore, anything we can do to help the body achieve its goal is beneficial.

Laetrile, commonly known as Vitamin B-17 (known as Amygdalin), is a natural chemotherapeutic agent found in over 1,200 plants, particularly in the seeds of common fruits such as apricots, peaches, plums, and apples. It is a diglucocide with a radical that is highly "bio-accessible." Wheat has little or no B17. Meat is said to be high in B17 if the grazing animals grace on natural grasses. It is also found in lima beans, bean sprouts, most berries, yams, many seeds, cashews, macadamia nuts, millet, buckwheat.

This means that it penetrates through the cellular membrane reaching high intra-cellular concentrations easily. Cancer cells, are known as Trophoblasts. These cells contain an enzyme called Beta-glucosidase, also known as the unlocking enzyme. When Laetrile comes in contact with the enzyme beta-glucosidase, the Laetrile is broken down to form two molecules of glucose, one molecule of benzaldehyde and one molecule of Hydrogen Cyanide (HCN). Within the body, the cancer cell-and only the cancer cell-contains that enzyme. The key word here is that the HCN must be FORMED. It is not floating around freely in the Laetrile and then released. The enzyme beta-glucosidase, and only that enzyme, is capable of manufacturing the HCN from Laetrile thereby affecting the cancer cell-and only the cancer cell.

Man people believe that Laetrile it helped their cancers. There are warnings against overconsuming because it contains cyanide poisoning. However, we saw civilizations like the Hunzas in the Himalayas grinding the apricot seeds to use as bread on a daily basis – perhaps they had built up a tolerance for cyanide. The Hunzas in the Himalayas are known to live the longest on the planet. Although with recent introduction of commercial foods has changed their lifespan from 200 to 120, they are still historically long lifers. The Hunzas diet is high in B17 and they eat a lot of apricot seeds which they dry in the sun and incorporate them into their diet. Apricot seeds are quite bitter. The Hunzas might eat 30-50 of them as an afternoon snack. They have never experienced cancer. However their lifestyle is also very healthy.

If there are no cancer cells in the body, there is no beta-glucosidase. If there is no beta-gllucosidase, no HCN will be formed from the Laetrile. The normal cells in our organism contain an enzyme called Rodhanese which "neutralises" the Amygdalin. This enzyme does not allow the Amygdalin to release the cyanide. In this way, Amygdalin only serves as glucose to healthy cells providing energy. Malignant cells do not contain this enzyme. In the absence of Rodhanese, the Amygdalin is activated liberating the cyanide radical inside the malignant cell causing its destruction. Detoxification of cyanide

occurs, therefore, in normal mammalian tissue through the action of Rhodanese, which, in the presence of sulphur-bearing compounds, converts free cyanide to thiocyanate, a perfectly non-toxic compound. The thiocyanate is excreted in the urine.

Back in the 1970's and 1980's many people were stockpiling apricot seeds to treat themselves for cancer. At that time raids were conducted by the FDA in the U.S. to seize the seeds but people continue to this day to use the seeds as a natural defense against the cancers that grow within. Some people say they work wonderfully, others say they only seem to work on certain cancer cells.

It was thought that because Laetrile contains a natural cyanide, it was dangerous to ingest, however, an article in an old issue of National Geographic talked about the healthy Hunza people that live high in the Himalyan Mountains, pretty much cut off from civilization, but living extremely healthy, long lives. Men and women were still active and healthy at 180 years old. There was a picture of a woman grinding apricot seeds into flour which they used as a staple in their bread products. That dispelled any notion that these seeds were dangerous. Perhaps these people had built an immunity towards the tiny bit of poison it contained, but they are the undisputed longest living people in the world.

Many people have used apricot seeds (and apple seeds which also contain laetrile) to help heal themselves from cancer and there has not been much noise as to injuries by these people. Still if you choose to use laetrile, go slow so you can see if you have any reactions. It is not recommended to give children laetrile seeds. For adults, they recommend 1-2 raw kernels of apricots a day.

If you are using the seeds as prevention, the easiest way is to eat the whole fruit or juice the whole fruit, seeds and all. If you are taking them to help overcome cancer, it is said that you would consume one peach or apricot kernel for every 10 pounds of body weight on a daily basis.

You can consume too much of anything. Too many kernels or seeds, for example, can be expected to produce unpleasant side effects. It is suggested that these natural foods should be consumed in biologically rational amounts (some say no more than 30 to 35 kernels per day).

There are B17 tablets on the market, but they may not be available when you need them. The famous Dr. Krebs always suggested that the raw form of vitamin B-17 (e.g. apricot kernels) is better than the purified form when used for prevention. This holds true for any other food: The raw form of vitamin C (e.g. grapefruits and oranges), for example, is also better than the pill but difficult to take large doses without supplements.
The difference between these two forms of vitamin B-17 is that the tablet is a more convenient method of administration; the seeds have a bitter taste to them and some people prefer the convenience of a tablet. Some people have dentures and simply find it difficult to chew on the seeds. Some people take both. If you have cancer, you can take both forms up to 4 times the amount of seeds recommended for a non-cancer sufferer, and up to 50 times more of the purified form (tablet form). It is not necessary to take both forms but, as stated above, you can get away with doing so while getting a reasonable amount of vitamin B-17.

Cancer, patients, may require higher, more purified forms of vitamin B-17. It would be impossible to get the amount of vitamin B-17 needed to control existing cancer from the seeds alone. One would have to eat way too many seeds and this may, of course, produce unpleasant side effects.

Having said all that, no Laetrile practitioner ever claimed that using laetrile alone was enough to cure cancer. It was never meant to be used alone like a drug.

When using the apricot seeds, the website www.laetrile-info.com recommends grinding 20-30 apricot seeds into powder with an electric grinder, then mixing the powder with pineapple juice. Taking this as the last event of the evening. It is recommended to start to 10 seeds a day, (other sources say to use 5-7 over the course of a day as prevention and 2-3 times day if you have cancer) gradually increasing to 20 or 30 a day. Another source say to take one kernel for every 10 pounds of body weight but for maintenance after a cure, go back to 5-7 a day. Most get used to the bitter enzymes. It makes sense that you could use a capper with gelatin caps and take the amount recommended that way. It is also recommended to avoid red meat, white flour or white bread, or white sugar. Keep salt to a minimum and take enzymes containing trypsin and amylase a few times a week. Vitamin A, B, C, and E are obtained from foods or supplements. Selenium, zinc and magnesium are taken a few times each week. Lots of fruits and vegetables are added to the diet.

The following have 500mg nitriloside per 100 grams food:

Fruits: Wild blackberries, Chokecherries, Wild crabapples, elderberries.
Seeds: Apple seeds, apricot seeds, cherry seeds, nectarine seeds, peach seeds, pear seeds, plum seeds, prune seeds. Other foods: alfalfa leaves, bitter almond nuts, bamboo sprouts, casssava tubers

Apple seeds are obviously also toxic if you eat too many. They have an outer tough cover, making them indigestible, and they are bitter. So like apricot seeds, they must be broken down or they just pass right threw the digestive system. Here is a formula to help you decide on the volume to eat:

- **1 g apple seed contains 1–4 mg amygdalin.**
- **1 mg amygdalin can yield 0.06 mg cyanide.8**
- **1 g apple seeds can release 0.06–0.24 mg cyanide.**
- **1 apple seed weighs 0.7 g approximately.**

Considering 0.56 mg/kg cyanide as the least possible fatal dose, we have found that it takes thoroughly chewing at least 232 apple seeds to cause lethal poisoning in an adult weighing about 70 kg. If we assume there are roughly 6–8 seeds in an apple, therefore eating more than 29–38 apple cores can cause you serious harm!

Weight of person (kg)	Lethal number of apple seeds	Weight (g)	Cup measure for crushed seeds (1 cup = 140 g)
10	32–132	23–93	1/6th–1/2 cup approx.
50	165–665	116–466	4/5th–3 cups approx.
70	232–933	163–653	1–5 cups approx.