LAETRILE, Vit. B17 (Amalgdalin)

This nutrient can be obtained from apricot seeds and apple seeds may hold the highest laetrile in their seeds. It is also found in the seeds of plums, cherries, and pears, peaches, nectarines, avocados, quince. Millet, flaxseed and buckwheat also has some laetrile. Wheat has little or no B17. Meat is high in B17 if the grazing animals graze on natural grasses (the grain commonly used to feed animals commercial has no B17.

Best veggies for this are carrots, celery, bean sprouts, mung beans, lima beans, butter beans. Bitter almonds, raw almonds and macadamia nuts report to contain laetrile.

Although many say there is no scientific evidence for the cancer fighting properties of Laetrile, many people believe it has 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 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.

It is not recommended to give children laetrile seeds. For adults they recommend 1-2 raw kernels of apricots a day.

Here is some more information about Laetrile:
Laetrile is a concentrated and purified version of Vit. B17, a vitamin that tends to be high in the diet of those people around the world who rarely get cancer, and when used correctly it proved to be an effective cancer treatment.

Vitamin B17 is a natural vitamin found in hundreds of foods commonly eaten by people:
Lima beans, bean sprouts, most berries, yams, many seeds, cashews, macadamia nuts, millet, buckwheat.

In its natural state, Vit. B17 is also known as 'amygdalin' and is part of a family of natural compounds called 'nitrilosides'. Almost all wild fruits and most seeds have some form of nitriloside in them. Dr. Ernst T. Krebs, Jr. , a biochemist, in 1952 (San Francisco) decided cancer was a metabolic reaction to a poor diet. His research led to a compound found in over 1200 edible plants in nature: amagdylin). Amagdylin is found with the highest concentration and necessary enzymes in apricot seed kernels. Laetrile was created by simply extracting amagdylin from the soft apricot kernels, purifying it and putting it into a concentrated form.

This vitamin works like a tiny 'smart bomb'. It is composed of 2 units of glucose, one of benzaldehyde and one of cyanide. A cyanide unlocking enzyme 'beta-glucosidase' only occurs to any significant degree in just one place in the body - in cancer cells. The toxic cyanide and benzaldehyde are released from B17 in the body only when the vitamin comes in contact with cancer cells.

Nature has provided normal cells with a back-up protecting enzyme called 'rhodanese'. which has the ability to neutralize cyanide on contact and actually converts cyanide into other components that are beneficial to the body. Rhodanese is present in great quantities throughout the body except where there is cancer. If any amount of cyanide from B17 does get unlocked near normal cells, the enzyme rhodanese will immediately detoxify the cyanide and convert it into non-toxic components.

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.