

**Bitter apricot kernels in the alternative fight against cancer. :**  
**(In Austria they are called apricot kernels)**

Information from the self-help groups, collected from reports from users, supplemented with their own experience.

The kernels should be distributed throughout the day when taken! The more evenly the organism deals with it, the better the effect, the lower the selective metabolism rate.

All hours should be the intake times.

You start with 2 cores / intake, and increase this to about 12 cores per intake. The calculated upper limit for metabolism is somewhere around 200 nuclei in 24 hours. Different from organism to organism, grind, amygdalin content.

So I would not take more than 12-15 kernels per intake, but increase the number of earnings!

Bromelain, the active ingredient from the pineapple fruit with the yellow pulp, supports the absorption of amygdalin. Therefore, a piece of pineapple should be eaten every time! Canned pineapple should also be effective, of course the fresh, unprocessed fruit is always better.

The practice of ingestion: One grinds the daily amount in advance, and takes it spoon by spoon, and rinses it down with tea. Do not grind too much, because then it gasses out and the effect is reduced.

If it is very finely ground, you can stir it into water and drink it.

For example, if you take 15x10 kernels per day, this amount is ground and sealed airtight. You then take a teaspoon of it every hour or however you want.

The personal upper limit or tolerance limit is determined by starting with two kernels per hour, always taking one more kernel per hour, until you maybe feel dizzy or light-headed.

So slowly approach the maximum dose.

I only know these symptoms from literature. I've never noticed anything myself. Not even with other consumers. My personal maximum was 160 cores in 18 hours without any side effects.

I buy the kernels from dryfruit.de. Lately the kernels can only be sold for oil mills. I own an oil press. Although there are no injured parties, the kernels are pretended to be dangerous. It is obvious that the consumer is obviously not to be protected here because there are no victims. The only casualty would be industry, which faces loss of earnings from healthier people.

In the case of rapidly growing cancer, amygdalin (the active ingredient in the nucleus) would have to be administered by vein.

Therapists in Germany give the equivalent of up to 2000 kernels and thus have good success against the development of cancer. In this case, the assistance of a therapist or a doctor to perform the administration would be required.

You can get amygdalin in the Flora pharmacy in Hanover, for example.

And here is an explanation of how it works: (There is also a lot of good information to be found on the Internet!)

In some people, where beta glucosidase produced by a type of intestinal bacteria is in the digestive tract (can already be contained in saliva), symptoms such as shortness of breath, lack of air or nausea can actually occur.

The amygdalin molecule is then released far too early, and it just has a poisonous effect. By design, beta glucosidase should only be in the cell, and that is where amygdalin should be broken down.

In healthy cells, the present enzyme rhodanase initiates metabolism, in sick cells (i.e. cancer cells) rhodanase is absent, in the best case completely. Here, the dismantled amygdalin molecule has a doubly toxic effect on the cancer cells. First by cyanide, second by benzaldehyde

In addition, cancer cells take in much more sugar than healthy cells. So they bunker amygdalin, which then has a toxic effect on these cells when it is metabolized.

This is the reason why some people ate 30-50 kernels a day helped against cancer. Others have to consume over 100 kernels a day to achieve this effect.

If rhodanase is not lacking in the cancer cells, then amygdalin does not work there because - as nature intended

- it is properly detoxified and then metabolized.

Only in cases where rhodanase is missing, in the cancer cell, amygdalin can fully develop its effect. But then mostly very well.

In a small percentage of the population, the split enzyme beta glucosidase is located outside the cell. These patients cannot use amygdalin because therapeutically effective amounts would be toxic.

We check this by always starting with small quantities of the apricot or almond kernels. Slow, daily increases are used to check whether amygdalin is tolerated.

If not, you will notice it very quickly and clearly through shortness of breath and nausea.

If it is tolerated, you won't notice anything even with 160 cores in 18 hours. I've already tried that. Amygdalin is then absolutely without any noticeable effect.

I only know this rumored poisonous effect from the media and literature. Users rarely report feeling sick. But it seems to happen.

Unfortunately, there are no efforts on the part of "science" to investigate how one could find out the amygdalin sensitivity or resistance of cancer cells. We are completely dependent on experiments or self-experiments in this regard.

"Science" tries to ban amygdalin or at least to make it bad and to present it as dangerous. The danger is too great that it turns out that amygdalin brings resounding successes in more than 2/3 of all cancers, at least as good as an aggressive cytostatic, without damaging the organism and mostly without side effects,

When using intravenously administered amygdalin, or its synthetic counterpart Lätrole, complications by bypassing the digestive tract have never occurred in practice. This is also something that cannot be emphasized enough.