

# APRICOT KERNEL

B17 / Amygdalin / Laetrile



## PROTOCOL



## B17 / AMYGDALIN / LAETRILE

Apricot kernels contain a high amount of B17 which is beneficial to the modern day (2018->) human body. There are many articles and resources that can be found on the internet which go into deeper detail than I will here, so feel free to research theses and make yourself familiar with what is available.

Key to the B17 issue with regards Apricot kernels is that through the ingestion of a kernel and the process of digestion and circulation, a compound called amygdalin is created and released, this compound when it comes into contact with cells, will penetrate the cell (both healthy and unhealthy) and react in a definite way.

The reaction is a two fold process, if the cell is healthy it will (amygdalin) not affect or harm this cell thus it is safe to consume, however if the cell is unhealthy (cancerous) then the amygdalin reacts to that cell and releases two separate compounds called Cyanide and Benzaldehyde (though Beta-Glucosidase), this reaction is the active process with which the cancerous cell is destroyed. Both Cyanide and Benzaldehyde are thought to work together in the destruction of cancerous cells.

In Greek Amygdalin means Almond and is a cyanogenicglycoside.

The name Laetrile is used for the manufactured version of B17 in this instance.

**THIS PROTOCOL IS PRESENTED IN SEQUENTIAL ORDER TO HELP FACILITATE EASE OF USE**

## APRICOT KERNEL PROTOCOL PREPARATION AND USE



### STEP 1

Apricot Kernels

- Obtain BIO Apricot kernels from a health food shop or pharmacy.
- These come in varying weights and so anything around 1kg is suitable to start with.
- Based on this protocol you will use around 1kg of kernels a month.



### STEP 2

Distilled Water

- Next, buy Distilled Water (pharmaceutical quality can be obtained from a chemist).
- Because distilled water is pure the results we need are more aligned to health use.
- Usually comes in 1 Ltr container.



### STEP 3

#### Glass Containers

- Use glass containers for the production process.
- 1 x Glass jar 400-500mls (for the fermentation process).
- 1 x glass container (to store the prepared kernels).

Never use any plastic in the preparation and use of the apricot kernels. Plastic may leech toxins thereby contaminating the kernels and the process.



### STEP 4

#### Prepare Your Glassware

- Clean and rinse the glass containers in boiling hot water.
- Allow to air dry.
- Add distilled water to the air dried containers and rinse them thoroughly.
- Again allow to air dry.
- They are now ready to be used.



### STEP 5

#### Recommended Daily Dosage

- 20-40 kernels a day is highly recommended.
- Depending on your situation and urgency 40 kernels is a good daily dose.
- For general on-going maintenance, 10 kernels a day is good.



### STEP 6

#### Batch Size To Prepare

- Based on the 40 kernels a day, it is suggested to prepare 2-3 days worth of kernels.
- Count 80 kernels for 2 days use.
- Count 120 kernels for 3 days use.



### STEP 7

#### Fermentation Process

- Place the kernels (80/120) in the glass jar you chosen for the preparation process.
- Now add the distilled water.
- Cover the kernels and ensure there's at least 2-3cms of distilled water above the kernels.



### STEP 8

#### Timing

- Place the jar of kernels in a dark place for 24 hours.



### STEP 9

#### Rinse

- After 24 hours, tip the jar of apricot kernels into a stainless steel sieve to drain away the distilled water.
- Don't use a plastic sieve as it may leech toxins into your kernels.
- Do not rinse with normal tap water, if you wish to rinse use ONLY distilled water.
- It is not necessary to rinse the apricot kernels after the fermentation process has completed.



## STEP 10

### Storage

- Place the prepared kernels in glass container for storage.
- Due to the 2-3 days prepared kernels it is not necessary to store kernels in refrigerator.
- This is because you will consume them very quickly.
- Store in dry place away from sunlight.



## STEP 11

### Daily Usage

- It is recommended to take the kernels 4 times a day.
- Take before all meals - breakfast, lunch and dinner.
- And a final amount before you go to bed.
- Based on 40 kernels a day, each intake is 10 kernels.
- You can take them an hour before your meal or immediately prior to eating.



## STEP 12

### Intake

- The key to the intake of the B17 (Amygdalin) is to chew the kernels slowly.
- You can chew one kernel at a time or several at a time, it's a personal preference thing.
- Alternatively you can use a mortar and pestle to crush the kernels.
- Using a mortar and pestle will not diminish the B17 intake.
- In fact it can increase the extraction process - it will taste more bitter this way.

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### Advisory

Based on my service experience over many years it is highly recommended to take the kernels at alternating times of the day.

If you normally take the kernels at 8am then alternate this to 9am or 7am for your daily morning dose. Changing the time of your intake daily.

Do the same for your lunch time and dinner meals as well.

The premise behind this, is to avoid establishing a pattern and structure of timing that the mind can predict as its often the case that the mind helps create an immunity to any process if allowed to go unchecked and in time become a key component to compromise the protocol.

Alternating you intake stops the mind from competing which then means the process becomes a bit shorter and the quality of your experience is more a natural flow.

### NB.

In a clinic or practice which may administer B17 therapies the product they use is a refined and quality controlled substance (Laetril) so this advisory is not directed to those individuals undertaking pharmacudical B17 protocols - it is only if you are using raw aprocot kernels.