

THE PROSTATE

SMALL GLAND **BIG** PROBLEM

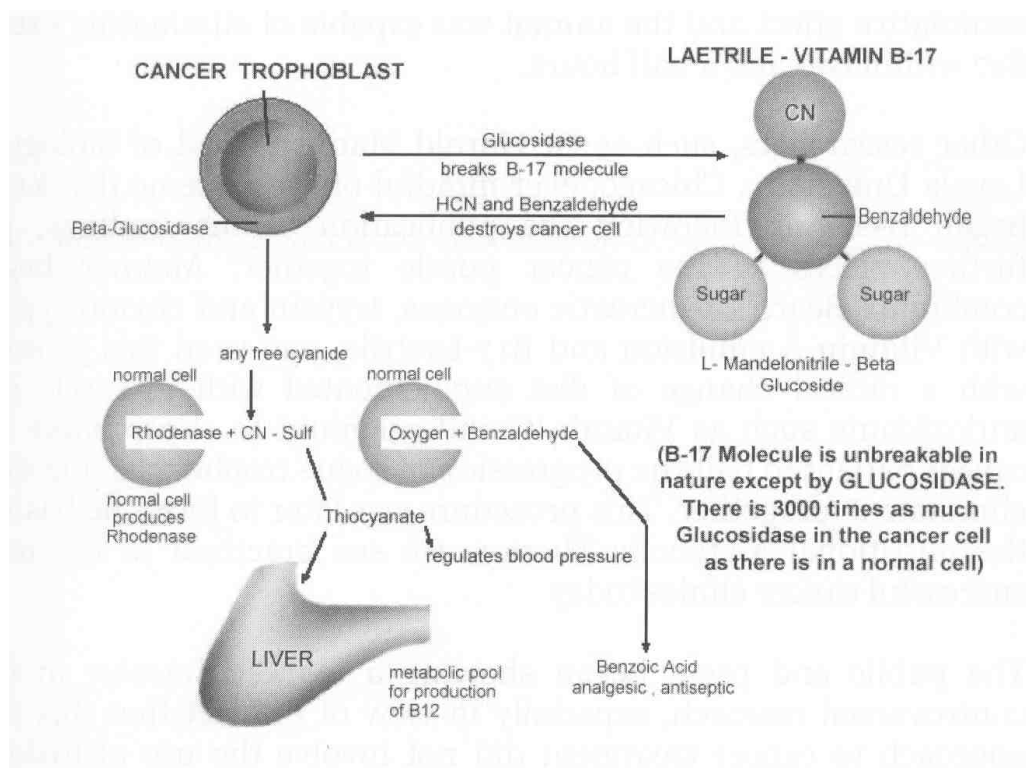
By John Crow

Chapter 7

Controversial treatments and preventative measures.

Where I discuss these unconventional and sometimes highly controversial issues, I make it clear that I cannot accept responsibility for the outcome associated with the methods used, however I have personally taken such products for 1 year with only very beneficial results.

B17 Metabolic Therapy



THE BENEFITS OF APRICOT KERNELS

Apricot kernels are like most nuts and seeds, very nutritious. Among the nutrients they contain is one called **amygdaline**, which is also known as **vitamin B17**. This attacks cancer cells, and thus can help prevent cancer.

Amygdaline (vitamin B17) is contained in many hundreds of foods, but ones that are particularly rich in **amygdaline** have disappeared to a large extent from our Western diet. People throughout the world, who still eat a traditional diet, have been found to be largely free from cancer. These diets are rich in foods containing **amygdaline**. Apart from apricot kernels, examples of other **amygdaline** rich foods are **bitter almonds** (amygdaline tastes sweet, almonds do not contain it), apple pips, grape seeds, millet, broad beans, and many other seeds of beans and grains - but not ones that have been highly hybridised (African orange pips contain some **amygdaline**, but American ones don't, wheat is low in **amygdaline**).

There are many ways you can fight cancer. One is to build up the immune system so that it is very strong, another is to supplement with antioxidants, which fight carcinogens in the body. However, **amygdaline** seems to be unique in that it directly attacks cancer cells.

Amygdaline was first extracted and named over one hundred years ago and has been in pharmacological dictionaries since that time as being non-toxic. However it does have a poison locked away in it, one of its constituents is **cyanide**. But, locked into the compound **amygdaline**, it is chemically inert and harmless to normal living tissue. In the same way common salt (sodium chloride) is safe to eat and in fact is necessary to the body. But this also has locked away in it a poison, **chlorine**. Of course if you ate too much salt at one time you would be ill. This is true of any substance, and would equally apply to apricot kernels. However, **amygdaline** is less toxic than salt and less toxic than sugar. Believe it or not if a person drank too much water it could in fact kill them.

We are told that our bodies are creating cancer cells all the time. Normally the immune system can destroy them. However at times of **stress** or in a particularly weakened state and with regular exposure to **carcinogens**, then the multiplication of cancer is too great for the immune system to handle. **Amygdaline** comes alongside the immune system and attacks the cancer cells directly. The cancer cells have within them an enzyme, which unlocks the poison in the **amygdaline**, and in this way the cancer cells are destroyed. Normal healthy cells do not have this enzyme; in fact they have a different enzyme which unlocks the **amygdaline** in a different way and releases nutrients and also a neutralising agent which would neutralise any of the poison it came into contact with. Researchers at Imperial College London have been experimenting using **cyanide** to kill cancer cells and state that any poison that escaped into the bloodstream would be quickly neutralised by the liver.

Amygdaline is sometimes referred to as **Vitamin B17** and is found in **nitriloside** rich fruits and plants. In its extracted pure concentrated state, it is known as **laetrile**. **Laetrile** is used as the main therapy but supported by other non-toxic therapies and good nutrition, in treating cancer sufferers in some clinics.

For prevention, however. Dr Ernst T Krebs Jr., the biochemist who first produced **laetrile (concentrated amygdaline)** in the 1950s, recommended that if a person would eat 7 to 10 apricot kernels daily for life then barring Chernobyl, he/she is likely to be cancer free. At the beginning of the 21st century it is expected that one in eight women in the UK will get breast cancer and one in four men, prostate cancer. If other types of cancer are added in, then no family is likely to be free. However the majority of therapists are now recommending **Apricot Kernels**, (rather than laetrile) alongside several other remedies in the fight against cancer. These include Zell Oxygen, graviola and protein digestive enzymes. Therefore the suggestion that eating 7 -10 kernels (7gm) per day for life is likely to prevent cancer is very good news indeed. (NB the kernels should be chewed, or ground and sprinkled on food or in fruit juice. Since the kernels vary in size it is best to estimate what 7 to 10 grams actually is, as a rough guide one dessertspoon is 7 grams and a heaped dessertspoon is 10 grams. If taking more than this, i.e. for treatment, take in divided doses e.g. one heaped dessertspoons three times daily, over the day e.g. dose morning, midday and evening.

(Note: - I personally take one heaped **TEASPOON** twice a day in a glass of fruit juice. I have accurately measured this to be 3.5 grams per heaped **TEASPOON**, and therefore I take 7 grams per day.)

Papaya (Paw Paw) is a potent source of protein digesting enzymes and should therefore be used along with B17 (Apricot Kernels) *Refer back to chapter 6 for further information.*

Disclaimer

No claims of curing or treating a disease are made here. The totality of your diet and lifestyle is as important.

If all this fails, then I will be looking at Gene or Vaccine therapy.

Please let me stress again just how important it is to observe the early symptoms and take action. Very early diagnosis can effect a potential cure, but leave it too late at your peril. All I can do now is fight on as only a true *Tiger* can.

Well, I sincerely hope that I have not bored you to death, but I feel that the story must be told. Even if one life can be saved as a result of reading these articles then it will have been worth it I feel.

There is currently no actual cure for Prostate Cancer but if caught early and treated, then you have a fighting chance of a long life ahead.

Please do read all the articles again and say to yourself. **"Do I have any of the symptoms"?** If the answer is **YES**, then do something about it **TODAY** not tomorrow.

Although generally considered to be a problem for 'Older Gentlemen', recent figures would indicate that incidences of much younger men are becoming more prevalent, even as young as 35, so you younger guys also need to read these articles, taking the appropriate action accordingly.

Further reading

On-Line

www.prostateuk.org.uk

www.prostate-cancer-research.org.uk

www.prostate-cancer.org.uk/

www.prostatecanceruk.org

www.prostatecancersupport.co.uk/

www.cancerhelp.org.uk/

www.cooleyville.com

www.ukhifu.co.uk

Alternatively (*if you have a few hours to spare*), type Prostate into a Search Engine, but be prepared to sift through hundreds if not thousands of often confusing and conflicting pieces of information.

Books: -

The Prostate (small gland big problem) by Professor Roger Kirby, Consultant urologist and Chairman of Prostate Cancer Research Campaign UK.

020 8877 5840

www.prostate-research.org.uk

I thoroughly recommend you read this book which offers the layman a good overview of the subject. If you buy the book you will be helping fund the research, as all proceeds go to the research campaign.

That about sums it all up I suppose.

Once again, don't ignore the symptoms, do something **NOW**.

Whatever happens, remember that it is important to remain focused, positive and above all, **'In Control'**.

GOOD LUCK and HAPPY PEEING GUYS.

John

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