



Apricot Kernels Organic 100g

R64.81

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About this Product

The apricot kernel (*Prunus armeniaca*) is the nut inside the apricot pip. It is a source of iron, potassium and phosphorus, and one of the best sources of vitamin B17 (also known as amygdalin and found in the seeds of fruits such as peaches, plums and apples). Also called "apricot almonds" or "bitter almonds", apricot kernels originated in Armenia and are also native to Northern China, the Himalayan region and parts of Asia.

The Hunza people are considered living proof of the health benefits of apricot kernels. Based in the remote Himalayan region near West Pakistan, they are traditional apricot farmers and are believed to consume 200 times more B17 than Westerners do (about 30 to 50 apricot seeds a day). The Hunza are also said to have low levels of cancer and high rates of longevity. A study by Kyung Hee University in Seoul, Korea, in 2002 shows that amygdalin may initiate programmed cell death in human prostate cancer cells. Another study shows that amygdalin eases pain in rats.

Amygdalin/Laetrile/ B17 is credited with cancer-fighting properties. As you know, your body in its evolutionary processes, makes both healthy and unhealthy cells all the time. The trick really is to keep an internal clean and have lifestyle and dietary protocols to eliminate the bad ones without harming the good ones. Dosage is specific: 8 kernels a day. Our customers also sometimes take twice that dosage, but 50 a day would be considered toxic because of the small amount of cyanide they contain. Apricot kernels are bitter and thus an acquired taste, but they do grow on you.

Apricot kernels have a powerful almond aroma and can be used in recipes to make marzipane, nut balls, amaretto cookies and other cakes and in apricot jam. Ditch the synthetic almond flavour (which is carcinogenic) in favour of a cancer remedy and find new and on-going ways to include apricot kernels in your daily nutrition!

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