

Scientific studies do not confirm that apricot bones really treat cancer and protect against it. Moreover, they contain Amigdalín - a substance that turns into toxic cyanide in our body. The deadly dose of cyanide can lead to a coma, cramps or death.

Amigdalín, also known as Vitamin B17 or Laetril, was studied as a means of treating cancer. Studies have shown: it really destroys cancer cells. But there is a nuance: when introducing into the body, Amigdalín also kills part of healthy cells. Dr. Kelly Johnson-Arbor, a toxicologist from the Medstar university hospital under Georgetown, warned that the intake of amigdalín could lead to serious diseases, regardless of whether you have oncology.



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Apricot seeds contain a lot of amygdalene. It is transformed in the body into toxic cyanide. Moderate symptoms of cyanide poisoning include difficulty breathing, weakness, dizziness. If you have noticed a person in a person with a bluish skin tone, then this is already a serious sign - immediately call an ambulance.

Doctors warned about the danger of eating apricot seeds

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.