The mistake about vitamin B12 and other "vitamins"

Why mistake? There is no vitamin B12!

It is amygdalin (Greek amygdalis, almond kernel) and is a cyanogenic glycoside that splits off in the presence of water and the enzyme mixture emulsin hydrocyanic acid (HCN). In dilute acids, amygdalin is split into gentiobiose and mandelonitrile (the nitrile of mandelic acid. The latter further breaks down into the typical bitter almond flavors benzaldehyde and hydrocyanic acid; the gentiobiose is hydrolyzed to two glucose molecules. Stone fruit contains the enzyme mixture emulsin, which consists of β-glucitrosidase. This mixture also cleaves amygdalin in a multi-step reaction to two molecules of glucose, benzaldehyde and hydrocyanic acid. Bitter apricot kernels, apple kernels, bitter almonds and seeds from other stone fruits such as plums contain amygdalin in high concentrations. So amygdalin is not a vitamin!

Amygdalin ("Amigdalina"), like the semi-synthetic and also cyanogenic Laevo-Mandelonitrile-β-glucuronide ("Laetril", "Lätril"), is also known under the imaginary name Vitamin B17, of so-called alternatives for the prevention and treatment of tumor diseases (Cancer), especially in the United States, incorrectly advertised. However, the label as a vitamin is misleading and actually fraudulent because amygdalin is not a substance essential for human metabolism. In addition, amygdalin has no nutritional properties. In higher doses, it is even fatal!

From the point of view of independent science, amygdalin is to be regarded as a “dubious miracle cure” in this application. The mechanism of action claimed by supporters of alternative medicine is said to be based on a breakdown of the amygdalin into benzaldehyde, glucose and the highly toxic hydrocyanic acid with the participation of the enzyme β-glucosidase. An allegedly increased occurrence of β-glucosidase in tumor cells would increasingly produce toxic hydrocyanic acid locally and selectively lead to the death of the tumor cell. In fact, however, β-glucosidase occurs in largely the same and only extremely small amounts in healthy cells and in tumor cells, which was already shown in the 1980s.

Another hypothesis is that the supposed lack of the enzyme rhodanase in tumor cells selectively causes a hydrocyanic acid accumulation there. Rhodanase is able to detoxify smaller amounts of cyanides by conversion into the comparatively non-toxic thiocyanate and occurs especially in the liver. Our organism therefore has all the tools itself. Diseases, especially cancer, only arise because substances are constantly being added to the organism that cause a disturbance in the body's own processes. So not constantly putting something in the organism is the solution, rather than protecting it from all of this. A miracle cure sounds tempting, but there never was and there won't be any in the future, that should make the logic understandable.

So again it's just a hype with the aim of generating profits. The providers of all of these mostly dangerous hypes have neither the knowledge of how cancer develops nor can they explain the complexes of a simple cell. These providers do not even know that it is not a vitamin, but advertise vitamin B17, which is clearly fraud. It is business, nothing else and very unscrupulous, because it gives false hope to people who reach for every straw and these providers are also guilty of the death of those affected if they commit to the promises and do not carry out reasonable treatment.
The vitamin B range should always be viewed with caution. The following B vitamins are officially listed:

- Vitamin B1 (Thiamin)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothensäure)
- Vitamin B6 (Pyridoxin)
- Vitamin B7 (Biotin / Vitamin H)
- Vitamin B9 (Folsäure)

As you can see, not even a vitamin B17 is listed because it is not a vitamin either.

The numbering of the B vitamins is incomplete and not continuous. The reason is that even more substances were initially counted among the vitamin B types. It was only afterwards that it emerged that some substances originally thought to be B vitamins were not vitamins at all, since the body can produce them itself. And substances that the body can produce entirely itself contradict the definition of a vitamin.

Choline, orotic acid and pangamic acid were formerly counted among the vitamins and called vitamin B4 (for choline), B13 (for orotic acid) and B15 (for pangamic acid). Today, these three vitamin-like substances are classified as vitinoids. In contrast to vitamins, vitaminoids do not have to be taken in through food (they are therefore not “essential”) because they can be produced by the body itself. The vitamin B12 mentioned has nothing to do with a vitamin, it is not even something that our cells need, on the contrary.

Correct vitamins are found in plant substances and only in combination with the secondary plant substances can our organism absorb and process them. All of these pills and extracts, which are advertised so much, only contain synthetic replicas of vitamins, which are not only worthless for our cells, but actually harm the cells. Natural vitamins are volatile and cannot be preserved, so you have to take the trouble to eat fresh fruits and vegetables. Pills are chemicals and harm us. But you can generate a lot of profit with this nonsense.

Almost quarterly new so-called hypes come onto the market of the disease industry with the sole aim of making profits. All of these providers are neither biologists, nor do they have the slightest understanding of immunology or cell metabolism.

If you need a new hairstyle, you are unlikely to contact a master baker. So why do so many people suffering from an illness turn to biologic laypeople?

Only highly qualified specialists in immunology, cellular biology, neurology and other specialties with decades of experience work in our clinic. And all doctors work with ambition and not for profit. The treatments in our clinic, especially for cancer, are currently the most successful worldwide. So nobody has to reinvent the famous wheel and, in this case, turn to traders who have no knowledge of biology but still offer the super miracle against diseases.