



This flyer is a summary of episode 57 of the Vibrant You Health Show. In this episode, Blake interviews John Richardson, Jr. John is the founder of Richardson Nutritional Center, which carries on the legacy of his father Dr. John Richardson, who helped thousands of patients naturally strengthen their immune system to fight disease including the “C-word”. John shares the amazing story of how three generations of his family have pioneered and persevered to get the truth out about the incredible immune boosting power of Apricot seeds and vitamin B17. You can watch this and all episodes of the Vibrant You Health Show at www.naturespantry.life under the health show tab. You can find all RNC products at Nature’s Pantry in La Grande and on our website.

Dr. John Richardson Legacy and a Life-Changing Decision

Dr. John Richardson’s nurse, Charlotte Anderson, approached him tearfully with news that her sister had just been diagnosed with a deadly melanoma cancer. The doctors wanted to amputate her arm immediately. Nurse Anderson begged Dr. Richardson to treat her sister with Laetrile (Vit B17 – found in Apricot Seeds). “It was a big decision,” admitted the doctor. “I knew that the traditional treatments for cancer, composed of cutting (surgery), burning (radiation), and poisoning (chemotherapy), were too often unsuccessful. I did know that the treating of cancer with Laetrile was frowned upon by medical establishment. But I knew I could not refuse to treat my nurse’s sister without breaking my Hippocratic Oath and becoming a traitor to my conscience. It was a momentous decision. What I did not then realize was what I was about to bring down upon myself and my family . . .” Mildred responded beautifully to the B17 treatment. The tumor shrank. After the treatment by Dr. Richardson, Mildred returned for a checkup. The doctors there were dumbfounded when they found she was clear of cancer. Yet they still wanted to amputate her arm. Many years after Mildred’s treatment, Dr. Richardson said, “I recently saw Mildred at a wedding. She came up and grabbed both my hands—with both of her hands. I want to tell you, that was a very meaningful moment for both of us.” Following the successful treatment of his nurse’s sister, and in strict accordance with his own careful investigation, Dr. Richardson became an outspoken advocate of the use of Laetrile. He conducted seminars all over the country and began to openly use Vitamin B17 in his practice. Although it was not approved for treatment by the FDA, Dr. Richardson began successfully treating thousands of patients with Laetrile & metabolic therapy.

The War for Medical Freedom of Choice

The FDA, AMA, American Cancer Society, and other “powers” knew that a natural, inexpensive, non-patentable compound like Laetrile (Vitamin B17) had the potential to harm their Big Pharma bottom line, so they began a decades-long demonization campaign against Laetrile and apricot seeds that remains highly active online to this day. Dr. John Richardson had tremendous resistance: his office was raided, his medical files were confiscated, he and his nurses were jailed, he was lied about and endlessly sued and slandered, he spent years fighting for his patients and his reputation in dreary, biased courtrooms, and he lost his treasured medical license.

Dr. Richardson’s incredible results with Laetrile and metabolic therapy to help his patients are documented in his book, *Laetrile Case Histories; The Richardson Cancer Clinic Experience*.

WHAT IS VITAMIN B17

Vitamin B17, also known as amygdalin or laetrile, is a naturally occurring compound found in various plants. It’s particularly abundant in the seeds or kernels of certain fruits and nuts. Here are some foods that contain Vitamin B17:

Fruits and Fruit Pits: apricots seeds (very high amounts), apples seeds, peach seeds, plum seeds, cherry seeds), nectarine seeds. **Nuts:** bitter almonds, raw almonds, macadamia nuts, and other nuts. **Seeds:** flaxseed, buckwheat, millet, squash seeds, sunflower seeds, grape seeds, sesame seeds. **Vegetables:** carrots, celery, bean sprouts, and many others. **Beans:** lentils, lima, mung, butter beans, and more. **Other Sources:** clover, sorghum, oyster mushrooms, berries, grains, bamboo sprouts, eucalyptus leaves.

Genesis 1:29

Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

John Richardson, Jr. says that God does not lie to us. He told us that the seeds shall be thy food, and lo and behold, the seeds contain so many beneficial nutrients like vitamin B17.

HOW MUCH B17 JOHN TAKES

John says that their suggested dose for most people is 3 apricot seeds per day. Dr. John Richardson recommended 5 seeds per day (100 mg) in the 70's, but John Jr. says we have a lot more toxic burden today than we had then, so he recommends more like 10 seeds or (200 mg) per day with foods and supplementation. John's wife takes 500 mg per day because she believes that amount has great benefits for beautiful hair and skin. John himself takes 40 apricot seeds (800 mg) per day and has for years. He has been eating apricot seeds in smaller amounts since he was a kid. He has recently taken over 9 grams of laetrile every other day (that's equivalent to thousands of seeds per day), and he had no negative reaction at all. In the 1970s and 80s, the NIH did over 200,000 injections of pure laetrile under Dr. Beard with no toxic reactions, period. Apricot seeds have the highest amount of B17, but many other foods have it too. When John eats an apple, he eats the whole thing, seeds and all. Same with pears and other fruits. Obviously, some fruits have a pit, and you can't eat that, but with apricots the seeds are inside the pit. So, you can break open the pit and get the seed out. Discard the pit, eat the seed. It's easier to just buy apricot seeds (e.g. Nature's Pantry) than to try to break open pits and get the seed out yourself.

THE HUNZA PEOPLE OF NORTHERN PAKISTAN

The Hunza Tribe has a life expectancy of 120. They are very fit and pretty much disease-free, regardless of age. The Hunza valley women are known for their beauty and are even fertile until after the age of 60. Some attribute their vitality and longevity to their natural lifestyle with a diet of naturally grown ancient grains, raw fruits and vegetables, and lesser quantities of meat. They are fairly unplugged from modern industrial/technological life and get plenty of exercise, fresh air, sunshine, and clean mountain water. They have a strong social life and lower stress levels. Their strong immunity and low disease rate have been repeatedly linked to their high consumption of vitamin B-17, found in apricot seeds. Perhaps we can learn something in the western world from the Hunza people. They are thriving while our long-term health is on the decline. Should we put into practice some of their natural, God-given, health principles, or should we stick to the ultra-processed and fake food, the artificial indoor and sedentary lifestyle, and quick-fix drugs that cover symptoms but do not reverse underlying causes nor lead to vibrant health?

Questioning the FDA and the MIC (medical industrial complex)

FDA warning: "While many foods contain amygdalin (B17), it's crucial to be aware of the potential for cyanide poisoning and the lack of scientific evidence supporting its use as a cancer treatment. Consult with a healthcare professional before considering incorporating large amounts of these foods or amygdalin supplements into your diet." After many years of eating apricot seeds himself and selling his product to many, John has never seen or heard of anyone getting cyanide poisoning from apricot seeds. He has searched and cannot find an unbiased study that has ever been done that shows that there is a cyanide risk with apricots or any other food. He believes this is a carefully crafted narrative to scare people away from natural remedies and toward more profitable ones. He says he would love for anyone to show him an unbiased study or a legitimate case where cyanide poisoning has ever happened from apricot seeds or any other food for that matter. He says rarely he might see an upset stomach from someone, but he recommends they slow down their intake of B17 and then they are usually fine. He says the upset stomach is usually a sign that it is working. John stands by his products and if anyone does have a reaction or upset stomach, John says that he has directed his customer service department to send all these calls directly to him personally. You can reach him at <https://rncstore.com/> (discount code: BLAKEBARS). Regarding the lack of "evidence" claimed by the MIC: the only studies accepted as evidence seem to cost millions of dollars and are paid for by drug companies. Last we checked, drug companies are in the business of selling drugs. They are certainly not going to pay millions for studies that are going to show a natural substance is a legitimate treatment, because it would undercut their business, and even if they wanted to sell natural substances, there is not enough money to be made in natural to justify the expense of the studies. That is, unless the studies can delegitimize the natural and help promote the extremely profitable drugs. Drug companies don't want to spend that kind of money on natural substances because you cannot legally patent (or own the rights to) natural substances. You can only patent chemically altered substances (drugs). Once you own the rights to a drug, you can mark it up for exorbitant profits (trillions of dollars industry). In fact, only drugs can legally be prescribed to treat a disease. This is also why most health insurances will only pay for drugs and not natural remedies. The media companies, who receive enormous ad budgets from drug companies, also play a part in controlling medical information. You won't see apricot seeds on the evening news. But if you search for apricot seeds or John Richardson, you will find some bad press at the top of the page. When we published this interview with John on YouTube, it was immediately pulled down and we got a warning email for medical misinformation. For more about the truth about B17 and the effort to hide it watch the documentary:

SECOND OPINION: LAETRILE AT SLOAN-KETTERING <https://rncstore.com/pages/documentaries>

THE FUTURE OF HEALTHCARE CAN BE BETTER FOR ALL OF US

It's very sad to say that the MIC is designed to optimize payment and not designed to optimize outcome. And it's even sadder to say that the most profitable person for the MIC is a sick child. John is on the frontlines of the movement in this country to turn this around for a better future for us and our children. Learn more about John and his work below:

John Richardson, Jr. is the founder of Richardson Nutrition Center <https://rncstore.com/>; and

founder of Operation World Without Cancer <https://www.operationworldwithoutcancer.com/>; and he is also on a leadership council for Global Wellness Forum www.globalwellnessforum.org.

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