

Cancer Dossier Addendum: Liana Werner-Gray / Apricot Kernels / “B17 Amygdalin” Reel

Prepared from captured Facebook Reel 2022880621672625. This is a source-check addendum, not medical advice.

Medical safety note: This addendum does not recommend apricot kernels, amygdalin, laetrile, “B17,” or replacing oncology care. Apricot kernels/amygdalin can release cyanide. Discuss any supplement with an oncology clinician/pharmacist, especially during chemotherapy, radiation, immunotherapy, surgery, pregnancy, or liver/kidney disease.



1. Captured Reel metadata

Field	Captured value
Resolved URL	https://www.facebook.com/reel/2022880621672625
Uploader	Liana Werner-Gray
Title/caption topic	Apricot kernels / “B17” / amygdalin / cancer claims
Duration	25.1 seconds
Views/reactions in extractor title	324K views · 138K reactions Ever since my healing journey, I personally eat 3–5 apricot kernels a day to maintain a body I believe is inhospitable to cancer. I believe God provided us with incredible healing foods, inc
Local workspace	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459

2. Caption / contact-commerce details to preserve

The Reel caption states that the speaker personally eats 3–5 apricot kernels per day, calls certain foods “natural chemo,” and directs viewers to purchase products. Preserved public links/contact-commerce details:

Item	Notes
theearthdiet.com	Site named in caption for apricot seeds; caption says use code LIANA for a discount.
https://rncstore.com/Earthdiet?utm_source=linktree&utm_medium=social&utm_campaign=earth_diet&utm_content=other	Bundle link in caption; captured page says Liana Werner-Gray is a paid partner and may earn from purchases.
Discount code	LIANA
Uploader/person named in metadata	Liana Werner-Gray
Facebook Reel	https://www.facebook.com/reel/2022880621672625

3. Exact core claim from transcript

[0.00-3.36] you exactly what we'd be going through during this time, and he has equipped us with
[3.36-9.62] chemo. This is our chemo. When the B-17 of Middleton finds a cancer cell, it will
[9.62-16.08] explode cyanide and kill the cancer cell but spare the healthy cell. So it's
[16.08-19.70] better than conventional chemo because that kills the healthy cell and the
[19.70-26.96] cancer cell. This will kill just the cancer cell but spare the healthy cell.

4. Claim table

Claim from Reel/caption	Dossier status / safety context
"Apricot seeds are God's chemo" / "This is our chemo."	Promotional/religious framing. Not evidence that apricot kernels treat cancer.
"B17 / amygdalin finds a cancer cell, explodes cyanide and kills the cancer cell but spares healthy cells."	NCI says amygdalin makes hydrogen cyanide/cyanide in the body, but clinical evidence has not shown laetrile/amygdalin to be an effective cancer treatment. Cyanide toxicity is a major concern.
"Better than conventional chemo because it kills just the cancer cell."	Unsupported. NCCIH warns some internet cancer "cures" use claims like "selectively kills cancer cells" and can be harmful or delay effective care.
Caption: 3–5 apricot kernels daily as prevention / body "inhospitable to cancer."	Personal anecdote/marketing claim; not proof of cancer prevention. EFSA warns more than three small raw apricot kernels in a serving can exceed safe acute cyanide exposure levels.
Product links and discount code	Preserved as public source trail: theearthdiet.com, rncstore.com/Earthdiet, code LIANA. RNC page discloses Liana is a paid partner and FDA disclaimer.

5. Research and regulatory context

NCI PDQ: Laetrile is another name for amygdalin; amygdalin is found in fruit pits such as apricots and can make hydrogen cyanide/cyanide in the body. NCI says laetrile has shown little anticancer effect in clinical studies and is not FDA approved.

NCI human studies: NCI states no controlled clinical trials of laetrile have been reported; anecdotal and case reports have not shown it effective. In a phase II study of 175 patients, cancer had grown in all patients seven months after treatment ended.

NCI risks: Reported laetrile side effects include nausea/vomiting, headache, dizziness, liver damage, very low blood pressure, nerve damage, fever, confusion, coma and death. Side effects are worse when taken by mouth and when eating raw almonds or crushed fruit pits.

EFSA: Eating more than three small raw apricot kernels, or less than half of one large kernel, in a serving can exceed safe levels. Amygdalin in apricot kernels converts to cyanide after eating; cyanide poisoning can be fatal.

NCCIH: No complementary health approach has been shown to prevent or cure cancer. Unproven products should not replace or delay medical treatment. NCCIH specifically notes laetrile has no clinical evidence of effectiveness as cancer treatment and can have toxic effects.

Commerce/source trail: The RNC Earth Diet page captured in this dossier describes B17 apricot seed extract capsules, whole apricot seeds and apricot seed subscriptions; it states Liana Werner-Gray is a paid partner and includes an FDA disclaimer that products are not intended to diagnose, treat, cure or prevent disease.

6. Preserved source files

Source file	Local path
Captured MP4	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/facebook-reel.mp4
Thumbnail	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/facebook-reel.jpg
Frame contact sheet	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/sources/frame-contact-sheet.jpg
Transcript	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/sources/transcript-faster-whisper-base.txt
NCI laetrile capture	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/sources/nci_laetrile_pdq.txt
EFSA cyanide/apricot capture	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/sources/efsa_apricot_kernels_cyanide.txt
NCCIH cancer complementary capture	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/sources/nccih_cancer_complementary.txt
Earth Diet capture	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/sources/theearthdiet.txt
RNC Earth Diet capture	/Users/macfebruary-20-2026/Downloads/cancer-facebook-reel-1ErtqryuRc-20260824-151459/sources/rncstore_earthdiet.txt

Suggested dossier wording: “The Reel promotes apricot kernels/amygdalin as selective ‘natural chemo’ and directs viewers to purchase seeds/bundles through public commerce links. Official and oncology sources do not support laetrile/amygdalin as effective cancer treatment; apricot kernels can release cyanide and may be dangerous, especially if used instead of evidence-based oncology care.”