

## Seeds, kernels, germs, sprouts and their oils as potent remedies

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### Abstract

Seeds, kernels, sprouts and their oils are potent healing agents. They are insufficiently appreciated and used in the context of common medicine. However, since they are inexpensive and have almost no side effects, they should be used more frequently. Acquiring them is possible for everyone who strives for a health-conscious lifestyle. Since today, as a result of the multitude of negative environmental effects, it is almost impossible to stay healthy without upgrading one's diet and using dietary supplements, this should be widely propagated.

### Introduction

It is a common custom to eat fruits and fruits without using the seeds. However, there is increasing evidence that they are, to a large extent, excellent remedies. This is due to the fact that they contain the entire DNA information of the plant, and in addition, they contain building substances that promote the development into a plant.

It can be assumed

that it is not only individual molecules that have a therapeutic effect, but the combination and interaction of several molecules. It is therefore difficult for the pharmaceutical industry to synthesize effective individual substances. However, a number of seeds have been reported to have so many therapeutic effects that they can be considered established.

Here is a list of seeds that definitely produce good effects:

- Grapefruit seeds
- Apricot kernels (soft, bitter)
- Papaya seeds
- Pumpkin seeds
- Grape seeds

Let's take a look at their characteristics and capabilities.

### Grapefruit Seed Extract (GSE,8)

GSE is prepared from the seeds and juiced pulp of grapefruit fruit by a milling and rolling process using glycerol as an extractant [1-3]. The preparation is described as a highly potent, nearly universally antimicrobial agent that is recommended for use as an antibiotic for numerous infections, for wound treatment, as an agent for candida and fungal skin infections, for drinking water treatment, as a surface disinfectant and preservative, for use

against dandruff and lice, and for sunburn, among other uses.

GSE is reported to be effective, even at very low concentrations, against 800 different strains of bacteria and viruses and 100 strains of fungi, without showing toxic or allergenic effects or affecting the immune system [2-5]. To prove the effectiveness of GSE, the majority of authors refer to numerous scientific studies and tests. It is therefore all the more surprising that hardly any work has been published on this topic in the scientific literature. The few existing papers deal with possibilities of food preservation, for example of chicken meat, fish, peanuts, fruits and vegetables [8] or with selected antifungal effects (different *Aspergillus* species, *Penicillium* sp.) as well as antibacterial properties of the extract [6]. An in vivo study deals with the effect of "citrus seed extract" on the intestinal microflora in patients with atopic eczema [7].

According to official information, the possible health-promoting effect is based on the content of vitamin C as well as the secondary plant constituents, the flavonoids [8]. But this is certainly not all, because it can not explain the wide spectrum of effects. Especially the improvement of the intestinal flora is concise. Additively you can use black cumin oil [9].

### Apricot Kernels (soft, bitter; Laetrile, Vitamin B17)

Bitter apricot kernels are said to be effective in alternative cancer therapies. Apricot kernels contain, among other things, amygdalin, which breaks down toxic prussic acid in the body. Amygdalin is said to be able to kill tumor cells, but this has not been proven. Overdose is dangerous: it can be estimated that about 40 kernels per hour are fatal in an adult weighing 60 kg [10]. The normal dose is about 7 kernels/day [11].

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Consideration has been given to how drug-targeting measures could be used to achieve a selective effect of amygdalin in tumor cells in order to achieve effective concentrations of the cyanide formed there on the one hand and to minimize systemic intoxication on the other.

In cell culture experiments, b-glucosidase was conjugated to urinary bladder tumor-associated monoclonal antibodies. This increased the cytotoxic effects of cyanide released from amygdalin in tumor tissue by a factor of 36. The authors conclude from their in vitro experiments that this form of antibody-directed enzyme prodrug therapy may provide a starting point for more selective and thus less toxic therapy in neoplastic disease [12]. In any case, the kernels can be used in normal amounts as part of the diet for cancer prevention.

### **Papaya Seeds**

The seeds of the papaya contain large amounts of papain, a protein-splitting enzyme. They have been used in folk medicine as a deworming agent. Various proteolytic enzymes, including papain and chymopapain A and B, are present in crude papain. Papain is a protein-cleaving enzyme that is equivalent in action to pepsin in the main cells of the gastric fundus. Unlike pepsin, it acts not only in the acidic but also in the alkaline range. It is successfully used in ready-to-use preparations for digestive disorders, which are mainly due to a reduction in protein digestion, caused for example by a pepsin deficiency.

Since the pancreas also produces protein-digesting enzymes (trypsin, chymotrypsin, elastase), pancreas-related digestive complaints can also be alleviated by papain administration. Furthermore, there are combination preparations on the market that promise relief from various inflammations, edemas and swellings after injury and surgery. The enzymes are intended to accelerate the breakdown of inflammatory metabolites and improve the flow rate of the blood. They are used in particular for the accompanying long-term treatment of tumors and during radiation therapy. However, this is viewed critically. The use of papain allows antibodies to be cleaved into three fractions.

### **Pumpkin Seeds and Their Oil**

Here there is no doubt about the effectiveness of the treatment of the prostate [14]. Due to the selenium and vitamin E contained in pumpkin seed, its oil has an antioxidant effect and can protect the organism from free radicals. The high content of linoleic acid and phytosterols is said to have a cholesterol-lowering effect. It has anti-inflammatory properties and is used supportively in the therapy against rheumatoid arthritis.

The high content of polyunsaturated fatty acids has a vasodilating effect, can thus lower blood pressure and in this way help to prevent cardiovascular weaknesses and bladder problems. In addition, pumpkin seed oil is said to have a positive effect on prostate adenomas in their early stages. Positive effects on benign prostate enlargement could be observed in experimental animals [15,16]. The particularly high proportion of (semi) essential

arginine should also be mentioned.

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### **Grape Seed Extract and Oil**

In addition to various fatty acids, the extract and cold-pressed oil contain many antioxidants: vitamin E, resveratrol, procyanidins (OPCs), and lecithin [17,18]. In particular, the content of OPC became known: oligomeric proanthocyanidins, also oligomeric procyanidins, OPC or PCO. They are substances found in plants that belong to the group of flavanols and can be assigned to the superordinate polyphenols. OPC are mostly dimers or trimers of catechins.

Oligomeric proanthocyanidins are found in varying concentrations in red wine. OPC, like many other secondary plant compounds, serve plants mainly as protection against UV radiation, climatic conditions and parasites. In addition to antioxidant and anti-inflammatory properties, OPC has also been observed to inhibit growth of colon cancer cells in a dose-dependent manner [19]. OPC may be catalysts that can enhance the beneficial effects of vitamins A, C, and E. A group of experts at Mount Sinai School of Medicine, New York, found in animal studies that polyphenols in grape seed extract could prevent or at least delay plaque formation as a precursor to Alzheimer's disease and thus the typical memory deficits.

The effect of OPC seems to be favorably influenced by the presence of other substances in the sense of synergism. These substances include ascorbic acid as well as taxifolin, rutin, hesperidin and quercetin as well as other bioflavonoids. Only about 80% pure Taxifolin contains OPC as well as other polyphenols and has a broad spectrum of effects on the human organism. These include, in addition to the positive effects on cardiovascular diseases (vasodilating and vascular stabilizing, blood pressure lowering), the binding ability of reactive oxygen species ROS, antioxidant and anticarcinogenic properties [20].

### **Discussion**

From these examples, one can see the capabilities inherent in seeds and kernels, as well as the oils extracted from them by cold pressing. The spectrum of existing seeds is naturally huge, since most plants reproduce in this way. Insofar as the seeds are at a suitable temperature on a moist medium such as soil, they sprout and become germs or shoots. These no longer contain the dormant molecules with their information contents, but the active-living plants. Thus sprouts and shoots are excellent food and not only food, because the goodness of a food corresponds to the integrity

and the activity of the DNA/RNA in the cell nuclei and in the mitochondria.

Thus, F.A. Popp has demonstrated that the biological value of a food corresponds to the intensity of the emitted biophotons (identical with vitality) [21,22]. From this it follows, for example, that the preparation of food with microwaves is counterproductive, because here the DNA/RNA is destroyed, which leads to dead life-hostile food. In contrast, sprouts and shoots are extremely vital and thus constructive for life.

A variation of this is the fermentation of the sprouts, as is widely practiced in Japan. In this process, further beneficial properties of the seeds can be brought to light.

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