

“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”

– Ann Wigmore

I don't know who Ann Wigmore is, but I love what she had to say. For the last two months, I've written about foods that are beneficial to your body. This will make month three. Many of you know I'm a firm believer that food can and should be our medicine. I would much rather eat well and stay well naturally, than turn to medicine for every little ailment. Sadly, so much of our food supply is toxic and it's getting more so every day. Most milk comes from cows that have been given antibiotics and growth hormones. Most eggs come from chickens kept in small quarters, with no room to run free. Now they're talking about injecting animals with the dangerous mRNA “vaccines”, which will then become part of our food supply and who knows what it will do to us. As we slowly get poisoned by big pharma and the evil people (Bill Gates) and companies buying up our farmland and pushing us to eat bugs instead of meat, we must read labels carefully, choose foods wisely and consume things that will nourish us. Instead of making pharmaceutical companies richer than they already are, let's focus on letting food be our medicine. I'd love nothing more than to help put big pharma out of business by staying well by eating well. Remember, they want us sick. If we're healthy, they won't make any money. So perhaps I need to make this a series: Letting food be our medicine. Read below to find out about another interesting food/supplement we can add to our arsenal to keep us well. Please reach out to me if you have any questions.

Yours in health,
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Who's Heard of Natto?



I recently learned about a food/supplement that was completely new to me. This doesn't happen often, but when it does, it inspires me to learn more. On Good Friday, one of my very like-minded and health-conscious friends told me she was taking it. It was the second time in as many weeks someone mentioned this supplement to me, so I decided it was time to research it.

The supplement is nattokinase, which comes from natto. For those of you who've never heard of it, natto is a fermented soybean dish that's staple in Japan. It's one of the ingredients in miso soup and its flavor has been described as salty and nutty. The Japanese tend to serve it with rice. I've been told it's an “acquired taste”, but mixing it with soy sauce can help the flavor. Natto contains an enzyme called nattokinase, which researchers at the University of Chicago found can break up blood clots. In fact, when this enzyme was applied to blood clots at body temperature, the clots dissolved in just 18 hours! This is fantastic news for people susceptible to blood clots, which have become MUCH more prevalent in recent years. Unfortunately, very few doctors are willing to speak openly about why this is occurring. Fortunately, some of us do know why.

You all know that I'm a huge proponent of letting food be your medicine and here is yet another example. There are many clot-dissolving pharmaceutical drugs out there, often administered in the emergency room. As is typical with big pharma, they're wickedly expensive, with a SINGLE dose costing as much as \$1,500! No wonder the pharmaceutical companies are laughing all the way to the bank. Sadly, the effectiveness of these drugs is short-lived and as usual, they come packed with side effects.

I wish people were willing to eat a weekly serving of natto instead, which would only cost about \$20. Not only does it provide the positive side effects of lower cholesterol, lower blood pressure and healthier digestion, but these effects can last in the body for up to 12 hours per serving, way longer than any of the pharmaceutical drugs that claim to do the same thing.

While researching this topic, I came across a study from Miyazaki Medical College and Oklahoma State University that found natto dissolves blood clots 48% faster than a prescription drug. Additionally, a small group of twelve Japanese volunteers watched their blood pressure drop by 11% in just two weeks.

But this is just the beginning of list health benefits provided by natto/nattokinase. Here are a few more that I hope will whet your appetite to do some of your own research:

- Helps treat osteoporosis. Just 160 grams of natto per week helped women who participated in a study reduce their bone mass loss by 60% to 80% in the arms and legs.
- Helps reduce blood pressure.
- Helps reduce blood clots.
- Helps improve circulatory issues, which helps reduce the propensity for heart attacks and strokes.
- Helps lower LDL (the bad cholesterol) and raise HDL (the good cholesterol).
- Helps reduce sinusitis.
- Helps support the intestinal tract.
- Helps prevent muscle spasms.
- Provides one of the best sources of Vitamin K2, which has many of its own health benefits.
- Provides a full spectrum of amino acids as well as nutrients such as calcium, copper, magnesium, potassium, vitamin C and zinc.
- Provides an excellent complete vegetarian protein.
- Provides a high amount of PQQ, which I wrote about in my September 2019 newsletter.
- Helps promote weight loss because it's packed with nutrition, but not a lot of calories.

One last thing I'll mention about this supplement. Two fearless doctors have been pretty vocal about promoting the use of nattokinase to dissolve/remove spike proteins from the body: Dr. Ryan Cole and renowned cardiologist Peter McCullough, MD. By now, most of us (hopefully) know what's causing these spike proteins.

With all these great benefits, natto may be worth a try. But as always, please do your own research before adding any new supplement to your daily routine. One final noteworthy and important point about this supplement: a number of doctors are recommending natto for anyone who took the COVID-19 shot and boosters. The reason for this is to help reduce the potential formation of blood clots, in addition to dissolving the spike proteins, also caused by this shot.

Have a wonderful month!