

Heart disease & myocarditis- prevention & treatment

Description

How do you prevent & treat heart disease & myocarditis (heart damage)?

How does the heart recover & clear arteries of blockages & prevent heart attacks?

Alpha lipoic acid

Alpha lipoic acid is apparently made by our bodies to turn sugar into ATP energy to increase energy, reduce diabetes & cancer, and by lowering triglycerides clean out arteries & lower high blood pressure, heart disease & congestive heart failure.

Alpha lipoic acid appears to regenerate neurons & nerve cells so quickly to reduce migraines by over 80% in an hour (at high doses at or over 2400mg/day) usually taken 300-600mg at wakeup, with every meal or high carb snack, & at bedtime.

As an anti-inflammatory at high doses it appears to increase stem cell repair of tissue & help repair damaged tissue & cells, helping recovery from injury.

At very high doses (over 3000mg/day) it can lower biotin (vitamin B7) absorption so biotin or better yet vitamin B complex can be taken in between doses once daily.

alienherbalist.com/alpha-lipoic-acid

In an in vitro study 84% of clots were dissolved in 2 hours by nattokinase.

https://www.thefocalpoints.com/p/breaking-study-anomalous-amyloid?utm_source=substack&utm_medium=email

In vivo-

Over a thousand people with clogged arteries over one year found no relief with 3600 FU daily, but 67%-95% reduction in plaque (blockages) with 10,800 FU of nattokinase. Unlike prescription blood thinners there were no side effects reported-no bleeding, no hemorrhages, no strokes, no heart attacks & no need for blood thinners for the rest of their lives.

Sec. Cardiovascular Therapeutics Volume 9 " 2022

| <https://doi.org/10.3389/fcvm.2022.964977> Effective management of atherosclerosis progress and hyperlipidemia with nattokinase: A clinical study with 1,062 participant Chen et al.

<https://www.frontiersin.org/journals/cardiovascular-medicine/articles/10.3389/fcvm.2022.964977/full>

https://sayerji.substack.com/p/nattokinase-reverses-heart-diseasebut?utm_source=substack&utm_medium=email

Nattokinase

Nattokinase (and vitamin K2) comes from soybeans, garbanzo beans or black beans with natto spores added immediately after cooking.

Nattokinase reduces plaque, plaque formation, triglycerides, lowers blood pressure, improves circulation, reduces brain injury & improves cognition without adverse effects.

Vitamin K2 & baby aspirin improves benefits (natto has vitamin K2 as well as nattokinase).

[https://www.peoplespharmacy.com/articles/what-are-the-health-benefits-of-](https://www.peoplespharmacy.com/articles/what-are-the-health-benefits-of-nattokinase?utm_source=The%20People%27s%20Pharmacy%20Newsletter&utm_campaign=f4f654ad72)

[nattokinase?utm_source=The%20People%27s%20Pharmacy%20Newsletter&utm_campaign=f4f654ad72](https://www.peoplespharmacy.com/articles/what-are-the-health-benefits-of-nattokinase?utm_source=The%20People%27s%20Pharmacy%20Newsletter&utm_campaign=f4f654ad72)
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Nattokinase is one of the only things found that dissolves the new white much stronger rubbery clots seen in 100% of the people who got the MNRA covid shots that are untouched by prescription anticoagulants.

https://www.thefocalpoints.com/p/breaking-study-anomalous-amyloid?utm_source=substack&utm_medium=email

https://pmc.ncbi.nlm.nih.gov/articles/PMC6043915/?utm_source=chatgpt.com&utm_medium=email

Next in line for effectiveness appears to be fibrinolytic agents serrapeptase, lumbrokinase, papain & bromelain.

The natto also has a lot of vitamin K2 which also clears arteries, prevents & reverses type II diabetes, helps stop cancer & works with vitamin D3 to move calcium from arteries reversing calcification & moving it to the bone & increasing bone density & reversing osteoporosis & cavities by strengthening teeth.

The cost of 1/8ts of organic natto is far cheaper than nattokinase & vitamin K2 supplements.

alienherbalist.com/natto-nattokinase-vitamin-k2

Category

1. Uncategorized

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