

# Nattokinase

## Another Magical Food

By Dean L. Gano; November 2023

So once again we find another natural substance like Aspirin, [Ivermectin](#), and Penicillin that is found in nature and consumed by millions of people that keeps them healthier than those who don't. And once again, the [elite scumbags who control the world](#) like the [WEF](#), the [WHO](#), and [Big Pharma](#), don't want you to know about this incredible bean juice because it will keep you healthy and only costs pennies to buy. Instead, they write "scientific papers" for the [ignorant sheeple](#) that say it doesn't do anything good. Like the confidence man, they say: "Watch the left hand!" and pick your pocket with the right one, or in this case your brain. As you will see, [once again](#), they are lying big time!

Since we here at [fact-checked.org](#), like to follow the science rather than the mainstream narratives directed at the sheeple, let's take a closer look at this wonderful compound.

Nattokinase (pronounced [nuh-TOH-kin-ayss](#)) when translated into plain English is Natto = Soybean & Kinase = Enzyme. Rich in nutrients, natto contains calcium, copper, iron, magnesium, potassium, vitamin C, and zinc. It originated in Japan from ancient times. It is made by fermenting whole soybeans with a bacteria called *Bacillus subtilis*, which is naturally found in the soil. It is often served as a breakfast food with rice. It has an immensely powerful smell and strong flavor and most (70%) of Japanese people find it pleasant to eat. Over the years [many studies](#) have been performed to see why the Japanese people live longer than European and American populations. The following provides the latest thinking on this subject as it relates to Nattokinase.

[Several recent studies](#) have shown that Nattokinase naturally fights viruses, amyloid plaque in the brain, blood clots, and helps remove the spike proteins from the COVID-19 vaccines that cause all the [neurological disorders](#) like long COVID, tremors, bleeding, clots, imbalances, brain fog, migraines, memory loss, and stuttering. It seems that the enzymes produced by microorganisms during the fermentation of traditional soybeans not only breakup any blood clots we may have, but also act to prevent plaque buildup on the walls of our arteries. These enzymes also fight high levels of [lipids](#) such as fats, triglycerides and cholesterol and thus keep our blood pressure normal. They also slow down the natural loss of neurons as we age.

### **COVID-19 Vaccines:**

[Ninety-four percent of COVID-19 deaths over the past year were among the quadrupled vaccinated. The COVID vaccines cause many problems for the body](#), by [destroying the immune system](#), but some of the most [damaging effects occur in the heart](#). Within 48 hours of vaccination, the COVID-19 mRNA vaccines are designed to transcribe a specific sequence of coronavirus spike proteins in the deltoid muscle of vaccine recipients. In doing so, the mRNA transcription process is supposed to use our normal healthy cells to cause an immune response that prevents infection. The foreign spike proteins in the vaccines are supposed to be neutralized in the deltoid muscle of the arm, leaving behind an enduring immune response. This was the promise of the vaccine makers, but

scientists are finding out that the transcription process and the neutralization of spike proteins does not work as advertised, and the failed transcription process causes greater viral infections, and can even harm vital organs. Not only is the immune response insufficient with these vaccines, but the spike proteins can also be transcribed in heart cells causing serious life-threatening risks to the recipient. These injuries typically present as inflammation of the heart muscle (myocarditis) or inflammation of the sac around the heart (pericarditis). But they can also cause blood clots.

Nattokinase, a safe over-the-counter food supplement, not only prevents blood clots but helps the immune system [remove any lingering spike proteins from the body](#) thus helping to prevent any of the ill-effects from the vaccines.

### **Alzheimer's Disease:**

Alzheimer's disease (AD) is a chronic and progressive neurodegenerative disorder characterized by the abnormal accumulation of  $\beta$ -amyloid plaques building up on the neurons in the brain and thus causing nerve damage. The specific causes involve abnormal blood flow to the brain and blood-brain barrier dysfunction. The dysfunction is caused by too much fibrinogen, a protein that is used to form blood clots and stop bleeding if injured. This results in increased clot formation, and increased coagulation. Abnormal deposition of fibrinogen in the brain contributes to plaque deposition, decreased cerebral blood flow, increased inflammation, and eventual death of the nerve cells. So, if we can control the level of fibrinogen to acceptable levels, we could help prevent this dreadfully debilitating disease.

In August of 2023, a [scientific study](#) showed that Nattokinase can prevent  $\beta$ -amyloid plaques from building up by directly digesting the excess fibrin. It is also particularly good at dissolving any blood clots, controlling the fibrinogen levels and helps destroy any existing amyloid plaque buildup.

### **Vascular Health:**

Nattokinase may help to prevent heart attacks and improve overall heart health. [Research shows](#) it offers cardiovascular benefits such as controlling blood pressure, especially in males, lowering total cholesterol, LDL cholesterol, and triglyceride levels, preventing blood clots by cleaning the arteries to prevent the plaque buildup we call hardening of the arteries.

### **Conclusion:**

So, if you were unfortunate enough to have been deceived in anyway by the scumbags running our medical industrial complex you can fight back using a very simple natural food supplement by the name of Nattokinase which can easily be obtained on Amazon at [https://www.amazon.com/dp/B0B6CQ9ZVJ?ref=ppx\\_pop\\_mob\\_ap\\_share](https://www.amazon.com/dp/B0B6CQ9ZVJ?ref=ppx_pop_mob_ap_share) , or at your local health food store. Also note that of the [many studies](#) done on Nattokinase there were no side effects. It's just bean juice so it's a win-win! To learn more, [go here](#) or [here](#).