

Dear Health Enthusiasts:

## Nattozimes...The Key to Circulatory Health

By Chris Ritchason and Patti Keplinger RN BSN

We are excited to bring you this final e-flash in the series on enzymes. The topic of this article is the amazing Nattozimes. Some time ago we brought this product to NSP's attention and would like to fill you in on a little more details about it. This product might just be the natural alternative to taking an aspirin a day!

For over a thousand years, NATTO has been a staple of the Japanese diet. Natto is a vegetable cheese that is made from fermented soybeans. It is called a "vegetable cheese" due to its strong cheese-like smell and behavior. There is a vast amount of research available on the use of this enzyme, called Nattokinase, since the 1960's. It has been used widely, and safely, to treat heart disease and inflammation in Japan for over 20 years (1). Even though it has been used effectively in Japan, in the early 1990's the FDA did not allow its use in the United States because "...it was not on the list of enzymes recognized for use in dietary supplements prior to 1994; and therefore the enzyme was submitted to the FDA as a New Dietary Supplement" (2). At that time, it was recognized that the Nattokinase was truly needed in this country and an alternative, with the same effects was developed. This new supplement was called Nattozimes. There is a great deal of research available that concludes that Nattozimes are equally as effective Nattokinase, they are just produced from a different organism. (The cited information above was retrieved from <http://www.nattozimes.com/background.php>.)

The use of Nattokinase has been studied for over 40 years. Some of the benefits for supplementing one's diet with nattozimes might include: Heart disease which may includes chronic inflammation, strokes, angina, poor circulation, blood clots, atherosclerosis (hardening of the arteries), varicose veins, hemorrhoids, high blood pressure, etc; fibromyalgia / chronic fatigue; some eye disorders; muscle spasms and pain; lack of oxygenation in the tissues; problems with infertility and other female health problems which include endometriosis, uterine fibroids, etc; male erection issues due to increased fibrin resulting in lack of blood supply to the penis; cystic fibrosis, and much, much more.

### The NSP Alternative – Nattozimes Plus

The NSP product, Nattozimes Plus, is set apart from others on the market for many reasons. It is important to note that it is **not a soy-based product**. Because nattokinase is often expensive, unavailable or unstable, NSP designed Nattozimes Plus, which blends protease enzymes with supporting herbs to nourish the circulatory system. Nattozimes Plus may help improve blood flow as it helps dissolve fibrin, It also supports platelet aggregation levels already within the normal range and helps maintain already-normal blood flow. Nattozimes Plus is a mixture of fungal enzymes (nattozimes), hawthorn berries, capsicum fruit, dandelion leaf and resveratrol. All of these offer health benefits to the circulatory system.

It is recommended to **take one capsule between meals twice daily on an empty stomach**. It is important to follow instructions...supplement works most effectively when taken in this manner!

This product should not be used or handled by individuals who are taking blood thinning medications, have Bleeding Disorders, Chron's Disease (due to possibility of increased bleeding), and those with allergies to fungal products specifically Aspergillus

Other products that might be used in conjunction with this include: **COQ 10** – (antioxidant, decreases free radicals), **Mega-Chel** – oral chelation...(when used in conjunction with the Nattozimes, the time that one must be on this supplement decreases tremendously.) **Omega 3** – EFA's play a major role in almost all body systems; **Vitamin C** – in some form. We recommend Citrus Bioflavonoids from NSP. (This alone is a known form of oral chelation. It strips the platelets from the artery walls. Consider 1-2,000mg per day); **Sea Calcium**; **Chlorophyll** - (Eliminates toxins, decreases pH, increases Sodium Bicarbonate, thus when these are turned into solid form they can be excreted); **Vitamin D3**; and **Fiber...Fiber...and more Fiber!**

There are many research-based articles available on this topic if you desire to search the net. We have also found it listed as Microbial Enzyme Therapy in the Natural Med Text series.

Some other sources include: <http://www.nattozimes.com/background.php> ;

[http://findarticles.com/p/articles/mi\\_m0ISW/is\\_Nov/ai\\_93736416/print](http://findarticles.com/p/articles/mi_m0ISW/is_Nov/ai_93736416/print); <http://systemicenzymes.info/fibrosis-more.php>

*Please let us know if you have any testimonies using this product...*

*We'd love to hear your success stories!*

Health to You,

Chris Ritchason and Patti Keplinger RN BSN

With Dr. Jack Ritchason

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