

As I mentioned at the meeting I found out that I have considerable amounts of calcium & plaque in my arteries. As a result my blood pressure is up. Of course the “hardening” of the arteries is a real concern for heart attack.

Doctors of course want me on meds. I am reluctant to do so because of the long term implications & the adverse potential side effects.

I am taking a multi part approach

1. Stop increased buildup: I have put myself on a vegetarian diet, plus fish. (no beef, pork or chicken) No dairy unless fermented (yogurt/Kefir) no coconut or avocado. Lots of vegetables & fruit but all organic. Limited coffee and sugar. No white flour/no gmo gluten. I can provide a food list
2. Do a “buildup” to make the heart and arteries so that they are more flexible so I added the following:
  - Hawthorne Berries 1000mg per day
  - Bergamot 500mg per day
  - CoQ10
  - Magnesium Glycinate
  - For Omega 3: Ground Flax Seed & Fish Oil
  - Niacin
  - Hydrolyzed Collagen: 1.5 Tbsp
3. Started a clean out program with the intent of cleaning of the vein and arteries (wish me Luck)
  - a. Started a program to increase the alkalinity in my stomach and arteries: Sodium citrate, lysine and magnesium ascorbate (vitamin C variety). This should assist in dissolving the calcium deposits via chelation
  - b. Added Natto, a Japanese food common in one of the world’s blue zone. It is the highest known source of Vitamin K2 (see attached benefits claimed. The list is impressive): 1 Tablespoon daily

As I mentioned in the meeting I lost 15 lbs in the first 6 weeks and I am still eating plenty. Weight loss was not my goal but it comes with it.

This is my 90 day/3 month plan. I will let all know the progress

Rick Rice

# NATTO

## 4 Important Reasons To Eat Natto Daily

### ☺ **Richest food source of K2 – for strong bones**

Vitamin K2 is essential in making sure that the calcium ends up in the bones, including teeth; and not in the vascular system which happens to improperly absorbed calcium. Studies also link proper vitamin K2 intake to reduced risk of certain cancers and diabetes, among other health benefits.

### ☺ **Nattokinase - dissolves blood clots**

Natto contains the highly beneficial fibrinolytic enzyme nattokinase, which is also known to aid digestive disorders, especially those caused by antibiotic use. Nattokinase is essential in proper blood clotting mechanisms and has been suggested to prevent the build up of certain plaques in the brain linked to Alzheimer's disease.

### ☺ **PQQ - for healthy cell function**

Pyroloquinoline Quinone (PQQ) is an essential nutrient which actively promotes the formation of mitochondrial subunits in cells that are responsible for the healthy functioning of cells. Studies have found it plays a beneficial role in improving memory and cognitive health, supports cardiovascular function, and acts as a neuroprotective compound. New research has shown natto to be an especially high source of PQQ.

### ☺ **Probiotic – for a healthy digestive system**

Natto is fermented by the Bacillus subtilis bacteria. This bacteria can live out it's entire life cycle in the human gut, which not all probiotics are capable of, making natto highly effective in creating a healthy digestive system.

### ☺ **BONUS Reason #5**

Natto has 10 grams of HIGH QUALITY VEGETABLE PROTEIN per 2 oz serving.

